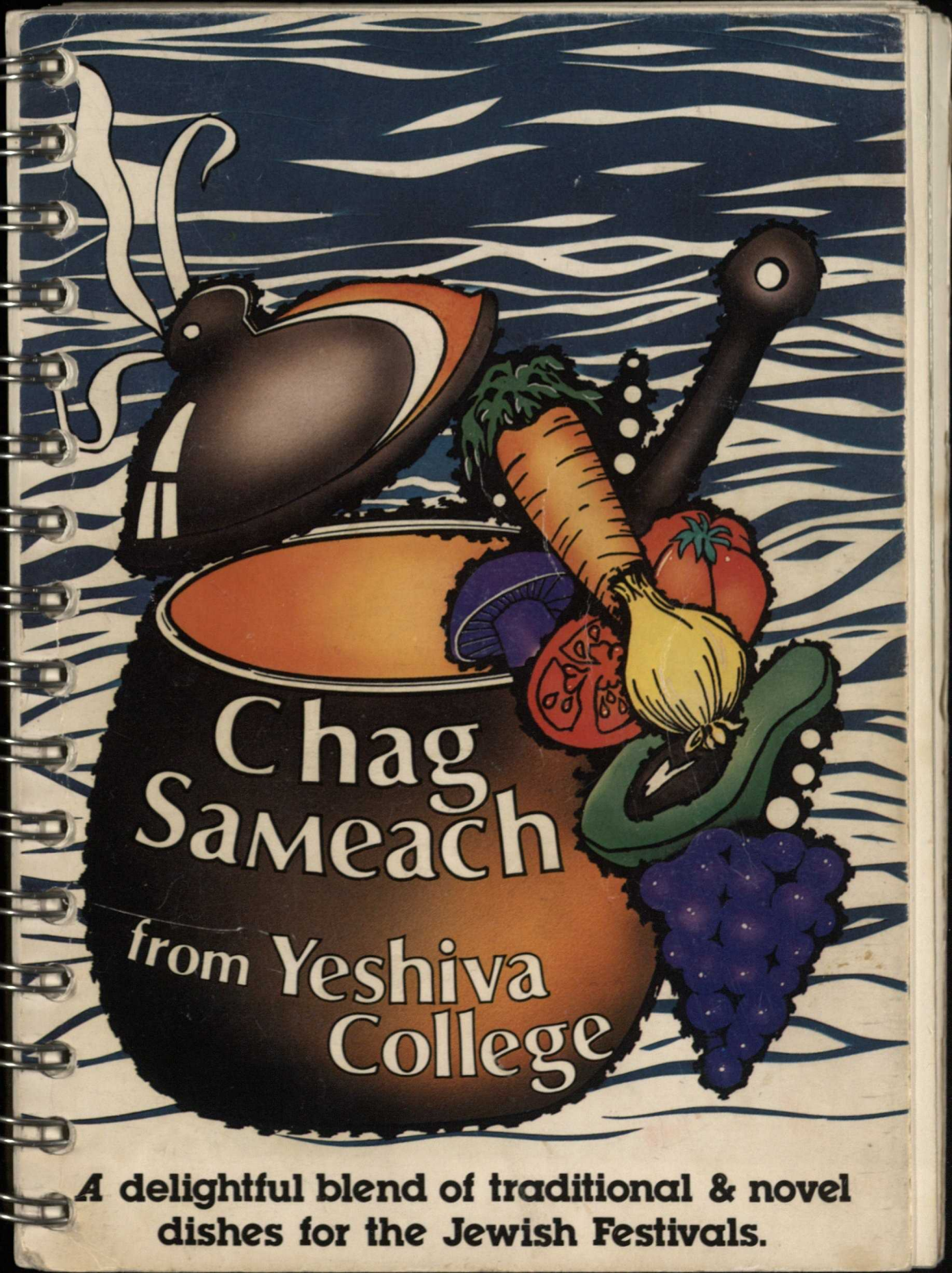




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1. Measurements and Conversions.....	Pg. 1
2. Foreword	Pg. 2
3. Introduction.....	Pg. 4
4. Kosher Dietary Laws.....	Pg. 5
5. Shabbat.....	Pg. 8
6. Rosh Hashana.....	Pg. 36
7. Yom Kippur.....	Pg. 60
8. Succot.....	Pg. 76
9. Shemini Atzeret and Simchat Torah.....	Pg. 92
10. Chanukah.....	Pg. 104
11. Tu b'Shvat.....	Pg. 114
12. Purim.....	Pg. 128
13. Pesach.....	Pg. 142
14. Yom Haatzmaut.....	Pg. 158
15. Lag ba'omer.....	Pg. 178
16. Shavuot.....	Pg. 186
17. Tisha B'Av	Pg. 206
18. Index.....	Pg. 223

CONVERSION TO MILLILITRES AND GRAMS

CONVERSION TO MILLILITRES AND GRAMS

1/4 teaspoon	1 ml	1/4 oz	7 gm
1/2 teaspoon	2 ml	1/2 oz	15 gm
1 teaspoon	5 ml	1 oz	30 gm
2 teaspoons	10 ml	2 oz	60 gm
1 dessertspoon	10 ml	4 oz	125 gm
1 Tablespoon	12,5ml	6 oz	180 gm
2 Tablespoons	25 ml	8 oz	250 gm
1/4 cup	60 ml	12 oz	370 gm
1/3 cup	75 ml	1 pound	500 gm
1/2 cup	125 ml	or 16 oz	
1 cup	250 ml		
2 cups	500 ml		
1/4 pint	125 ml		
1/2 pint	250 ml		
3/4 pint	375 ml		
1 pint	500 ml		

OVEN TEMPERATURES

°C	°F
100	200
120	250
140	275
160	325
180	350
200	400
220	425
240	475
260	500
280	550

FOREWORD

Over the past few years there has been an increased awareness of religion. Jews have been taking stock of themselves and have been drawn back to their basic roots. With this new awareness have come the questions of what to do and cook on the various chagim. In answer to this, we decided at the Yeshiva College to put together a selection of popular traditional foods as well as more unusual ones. All foods are catalogued according to the festival on which they are traditionally eaten. We have also included an introduction to each chag which we hope will answer many questions people may have about the various dinim. All of us who have worked on this book have learned something new and we hope that you too will benefit from our research.

A special word of thanks to our many sponsors and advertisers, to Tony Britton for his illustrations and, most important, to those who contributed recipes. We were greatly aided by a number of people too many to mention, but to all we are most grateful.

I want to express my gratitude to Diane Stein who helped me when I needed her most. We are also extremely grateful to Rabbi Tanzer who very kindly verified our information.

We all wish you "Chag Sameach" and happy cooking!

Joyce Levin
Editor



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INTRODUCTION

Jewish traditional cooking is an amalgam of international cooking since Jews have dwelt in most countries of the world and have adopted many of those country's foods as their own. However, there are certain laws which dictate what kind of food may be eaten, ie. Jewish Dietary Laws. In the Torah it is written "on the seventh day, you shall do no work, neither thy maïd servant or thy man servant". In answer to this Law, observant Jewish women all over the world prepare their Shabbat meal on Thursday or Friday. Thus liver, soups, fruit pies, yeast cakes and, in particular, those meat and vegetable casseroles which can be left overnight to cook, developed as traditional foods. The latter dish is now referred to as Cholent and is probably of French origin coming from the Medieval French word for hot which is chauldt.

It is permissible to cook on a Yom Tov, providing the food cooked is eaten on the same day. (If Shabbat falls the day after Yom Tov a special prayer, Erev Taushelem is recited). The stove must neither be switched on nor off. Most women, however, prefer to get all special cooking and baking done in advance so that they too can enjoy the holiday spirit.

At certain periods in Jewish history, particularly at the time of the ghettos in Europe from the Middle Ages onwards, the majority of Jews lived as underprivileged poor. "Necessity breeds invention"; the Jewish housewife showed her talent for making a little food 'go a long way'. That is why there is such a wide range of delicious stuffed dishes from stuffed cabbage leaves to Gefilte fish. Those dishes stretched expensive foods with cheap fillers while retaining the flavour and taste of the expensive food. When these "poor" dishes were originated the Jewish housewife was rich in the commodity of time, so many dishes are time consuming in their many making. We are fortunate nowadays in that frozen foods and appliances, greatly aid the modern cook.

The Ashkenazi Jews come chiefly from central Eastern Europe. The Sephardic Jews come originally from Spain. They dispersed with the Spanish Inquisition to the Mediterranean countries. However both communities retained its own cooking as well as other cultural features. Recipes from both these groups have been included in this selection.

KOSHER — DIETARY LAWS

- FISH:** Only fish that have both scales and fins may be eaten. No shellfish are allowed nor are any 'killer' or 'game' fish.
- BIRDS:** Domestic poultry ie chicken, duck, goose, turkey and their eggs may be eaten.
- ANIMALS:** Only those that 'chew the cud' and have a cloven hoof may be eaten. The animals and poultry must be slaughtered in a special manner (Shechita) and sold under recognised Rabbinical supervision.
- KASHERING MEAT:** Before any meat can be eaten, even though it has been Kosher killed, it must be Kashered. This is done by immersing meat in cold water for 30 minutes in a bucket or deep bowl, kept for this purpose only.
Remove the meat and place it on a wooden, plastic or wire grid which allows free drainage — and is kept for this purpose only.
Leave to drain for a few minutes and then sprinkle with coarse salt on all sides. Leave for 1 hour after which wash it thoroughly in cold water 3 times.
Poultry is Kashered in the same way, but it should be salted on the insides as well. All jointed parts of the fowl should be cut slightly. The liver must be removed and Kashered in a different way.
- LIVER:** Cut liver with a knife specially kept for this purpose. If liver is thin, make slits across the surface. Rinse well with cold water, sprinkle salt on all sides. Place liver in a wire basket or on a grid of a grill pan, specially kept for this purpose. Blood must be able to run freely. Grill until it is cooked on all sides. Wash thoroughly 3 times.
- Most Kosher butchers now Kasher meat, but check the label on the meat before using.
- EGGS:** Should be broken separately into a glass. If a blood spot is found, the egg should be discarded.

MILK AND MEAT:

May not be cooked together or eaten together. Milk and meat dishes may not be placed in the oven at the same time. Separate and easily distinguishable sets of cooking utensils, crockery and cutlery, table linen, washing up bowls and working surfaces are required for meat and milk.

If at any time a mistake has been made in mixing meat and milk dishes, consult your Rabbi.

After eating meat foods, at least 6 hours should elapse before milk foods and beverages are taken.

CHEESE:

All cheeses, both yellow and white, require a hechsher. Yellow cheese is made with rennet extracted from the lining of an animal's stomach. White cheese and yoghurt often contain a stabilizer, e.g. gelatine, which, if it is not Kosher, is made up of crushed animal bones.

MANUFACTURED PRODUCTS:

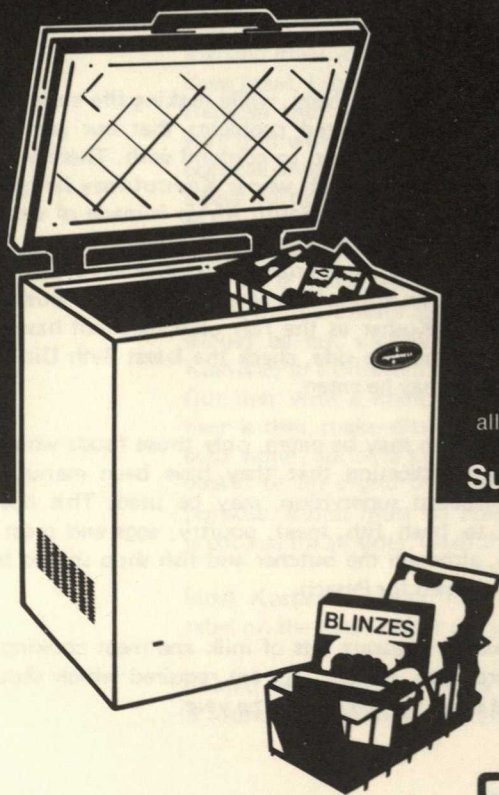
Twentieth century living, while making life easier for the housewife, has created problems that our parents and grandparents never had to contend with. There are many products on the market whose Kashrut may be questionable. Most vinegar in South Africa is made of wines and is therefore not Kosher. This affects tomato sauce, worcester sauce, mayonnaise, pickles, olives etc. Many spices contain an anti-caking agent which is not Kosher. Not all tuna is Kosher as the fish used may not have scales. To be on the safe side, check the latest Beth Din list for items that may be eaten.

PESACH:

As no leaven may be eaten, only those foods which have a stamp indicating that they have been manufactured under special supervision, may be used. This does not apply to fresh fish, meat, poultry, eggs and most vegetables, although the butcher and fish shop should be specially cleaned for Pesach.

Completely separate sets of milk and meat cooking utensils, crockery, cutlery, etc are required which should be stored away for the rest of the year.

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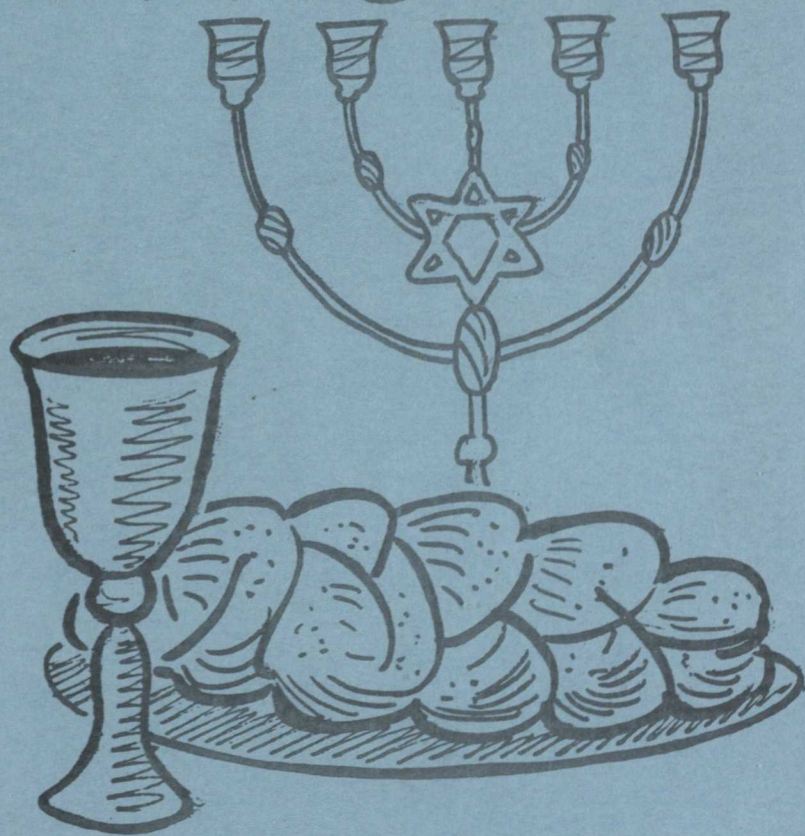


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SHABBAT

The Shabbat is considered the most important of all holy days. It stands as a constant sign for the Jew, as every week the strong belief in Hashem as the Creator is reaffirmed. On Shabbat, the seventh day of the week, Hashem carried out 3 acts. He rested on the seventh day, he blessed it and hallowed it. Thus no work is allowed on this day and all regular activities came to a halt, providing a complete change of pace. It is a day of tranquility serenity and peace.

The Shabbat begins on Friday afternoon 18 minutes before sunset and ends the following evening after dark when three stars can be seen.

There are many beautiful prayers associated with Shabbat. On Friday evening Lecha Dodi is recited, the Shabbat is regarded as a Queen that comes to dwell with the household for one day.

The preparations start well in advance, with the house being cleaned. Shopping and cooking are planned so that all activities will be completed before sunset, as no cooking is allowed on the Shabbat. The woman of the house greets Shabbat first, by lighting candles. Two candles are lit as we are told to remember Shabbat (Zachor) and keep it holy (Shamor). It is said that because woman removed light from the world while in the Garden of Eden, she now tries to correct her misdeed by bringing extra light back.

CHALLAH

The Mishna (Shabbat 11:7) assigns to the lady of the house 3 mitzvot, which symbolize her cardinal role in assuring the permanence of the Jewish home; family purity, the kindling of the Shabbat candles and Challah.

The special Shabbat bread loaves are called Challah. When preparing bread, it is necessary to remove a small piece of dough before baking. This small piece is called "challah". In the time of the Temple, this piece was given to the Kohanim (priests).

Today we are no longer able to give the Challah portion to the Kohanim, so instead, we reserve a piece of dough before baking and burn it. The reason for burning is that even though we do not actually present it to the Kohanim, it is no longer ours and we may have no personal benefit from it.

A bracha is recited when separating the challah. However, if the amount of flour used is less than the prescribed 3lb 10 oz, or 1,8 kilo it is not necessary to say the bracha, but the challah should still be taken off to be burnt.

CHALLAH

- 8 cups flour
- 1 Tablespoon salt
- 1 Tablespoon sugar
- 4 Tablespoons vegetable oil
- 60 gms yeast
- 3 eggs
- 2 cups hot water (pinch of saffron added optionally)

Sift flour and salt into a large mixing bowl. Mix sugar and oil with the hot liquid. When cooled to lukewarm, dissolve the yeast in some of the liquid. Stir into the flour. Make a well in the middle of the bowl and add slightly beaten eggs. Stir in remaining liquid to make a dough. Turn out onto a floured board and knead thoroughly until smooth and elastic. The dough should not stick to your hands or board. Return to mixing bowl. Brush top with oil. Cover and let rise in a warm place until dough doubles in bulk (about 3 hours). Knead on a floured board for +/- 10 minutes. Cut dough in half. Divide each into 3 - 4 pieces and plait. Place 2 loaves on a greased and floured baking sheet and let it rise again until it doubles in bulk. Brush with egg yolk and 1/2 eggshell water. Bake for 15 minutes at 220°C (400°F) reduce heat and bake at 180°C (375°F) for a further 45 minutes or until nicely crusted and light brown.

CHALLAH (Makes 4)

- 1,25 kilo flour
- 1 cup sugar
- 2 Tablespoons salt
- 2 eggs
- 3/4 cup oil
- 2 cakes yeast mixed with
- 1 Tablespoon sugar and 1/2 cup warm water
- 3 cups warm water

Mix yeast with sugar and water and let it stand until it bubbles ie 5 - 10 minutes. Mix flour, sugar and salt. Add the eggs and oil and mix together. Add the yeast mixture and mix in. Add warm water as required while mixing the dough. Place in a bowl, cover with a clean cloth and allow to stand for +/- 3 hours in a warm place. Knead dough down and divide the dough into 4 equal parts for each Challah. Divide each portion into 3 or 4 pieces. Roll each piece into a rope with your hands and plait together. Paint the challot with a mixture of 1 egg yolk and 1/2 egg shell cold water. Place the plaited dough in a warm place covered with a dish cloth or in a warming oven (switched on uncovered for 45 minutes to rise. Bake at 180°C (350°F) for 45 minutes until golden brown.

STARTERS — FISH

FISH BALLS IN MAYONNAISE—DILL SAUCE

- 1 onion fried
- 1 carrot
- 1 kilo fish
- 2 cup mayonnaise
- 2 cups sweet-sour cucumbers
- Remaining dill juice from cucumbers
- Chopped parsley
- 2 eggs

Mince fish with onion and carrot. Add salt and pepper to taste. Mix fish with egg until correct texture for balls, roll in breadcrumbs and fry when ready. Mix mayonnaise with finely chopped cucumbers and parsley. Add dill sauce, (should be creamy). Pour over fish and refrigerate. This makes a delicious and novel hors d'oeuvres.

WHOLE SWEET AND SOUR FISH

This is a popular Sephardic dish.

- 2 — 2,5 kg kingklip or hake
- Salt
- 2 cups vinegar
- 1/2 cup water
- 1/2 cup brown sugar
- 3 Tablespoon butter or parava margarine
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 4 onions
- 6 lemons sliced
- 1 cup seedless raisins
- 1/2 cup blanched and sliced almonds
- 3 egg yolks

Clean fish and remove the head. Cut into 5 cm cuts or leave whole and slice when serving. Salt lightly. Cover and let stand in fridge for 2 hours. Boil together water, vinegar, sugar, raisins, almonds and butter and seasonings until raisins swell. Arrange sliced onions in the bottom of the cooking pot. Wash and clean the head. Remove the gills and eyes and place over the onions. Rinse fish and arrange neatly around the head. Cover with cold water. Add half the sliced lemons and boil for 15 minutes then add the other ingredients. Cook over a moderate heat for 15 minutes. When cool, lift the whole fish or pieces of fish out and arrange on a platter deep enough to hold 3 cm liquid. Cook contents in pot for a further 10 minutes. Strain the gravy. Stir into beaten egg. Pour over fish. Retrieve some of the raisins and almonds and use as a garnish with the remainder of the sliced lemon. Chill.

(Serves 8 — 10 people).

GEFILTE FISH

Ashkenazim eat Gefilte fish on Shabbat because one must not have the problem of going through the fish to find the bones. It is already deboned and thus makes the eating more relaxed and pleasant.

500 gms stock fish
500 gms kabeljou
2 eggs
Salt and pepper
Piece of rye bread or matza meal
2 medium onions

Mince fish, onions and bread. Add eggs, seasoning and 1 cup cold water. Mix very well. In the meantime, boil up in a large pot 2 sliced onions, 2 carrots and the skin and bones from the fish. Boil for 1 hour then strain fish stock but keep carrots for decoration. From minced fish into balls and place in boiling fish stock. Boil for at least 2 hours. Carefully remove fish from pot and place in shallow dish. Pour stock over fish and decorate with sliced cooked carrots. Place in refrigerator to set.



FISH MOULD

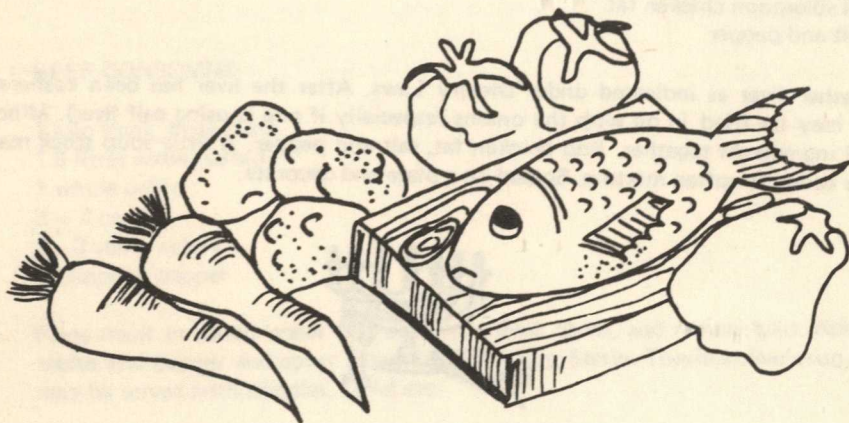
2 cups cooked fish
1 hard boiled egg
1 Tablespoon chopped capers
Parsley
3 pickled onions or 1 pickled cucumber
1/2 cup vinegar and 2 Tablespoons lemon juice or
1/2 cup lemon juice
2 level Tablespoons Kosher gelatine dissolved in hot fish stock.

Add lemon juice to dissolved gelatine. Add vinegar and 1/2 cup cold water. Season well. Add sugar to taste. Cool and when mixture begins to set, pour a little into a greased mould and decorate with sliced egg and parsley. Mix the rest of the jelly with the fish chopped cucumber and pour gently into the mould. Be careful not to disturb the pattern. Allow to set. Serve on a bed of lettuce and garnish with tomatoes.

SEPHARDIC BAKED FISH

- 1 x 2.5 kg fish or 2 smaller fish
- Salt and pepper
- 6 onions chopped
- 2 cloves garlic, chopped
- 1 small chilli pepper, cut up
- 7 Tablespoons olive oil
- 5 Tablespoons chopped parsley
- 8 tomatoes chopped
- Lemon juice
- Dash curry powder or tumeric
- Water
- 8 Tablespoons pine nuts (or any other type of nuts)

Place the fish, uncut into a buttered baking dish and sprinkle with the salt and pepper. Fry the onions, garlic and chilli pepper in oil. Sprinkle these over the fish and then sprinkle on the parsley. Lightly fry the tomatoes and pour over the fish. Mix lemon juice and curry powder or tumeric and add enough water to almost cover the fish. Bake the fish for about 45 minutes or till tender in a moderate oven 180°C (350°F). Baste fish from time to time during baking. Lightly fry the nuts in oil and sprinkle over the fish.



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STARTERS — MEAT

PETZAH

1 cow's heel
3 — 4 cloves of garlic
Bayleaves and peppercorns
Salt and pepper
Good pinch ginger
1 large onion
Hard boiled eggs

Place all ingredients except eggs in large saucepan and cover with water. If possible start boiling early in the morning and keep on adding water so that the heel is covered all the time for the first 5 or 6 hours. Taste to see if sufficiently seasoned. Allow to boil until meat falls off the bones. Mince into gravy and pour into shallow serving dishes. Garnish with sliced hard boiled eggs. When cool place in refrigerator to set. Serve with mustard.

CHOPPED LIVER

250 gms liver
1 onion sliced and fried
4 hard boiled eggs
1 Tablespoon chicken fat
Salt and pepper

Kasher liver as indicated under Dietary Laws. After the liver has been kashered it may be fried in oil with the onions (especially if one is using calf liver). Mince all ingredients together. Add chicken fat, salt and pepper. A little soup stock may be added to soften mixture. Spread on a plate and decorate.



SOUPS

CHICKEN SOUP

- 1 x 1,5 kg chicken
- Cold water to almost cover chicken and vegetables
- 3 carrots
- 2 celery stalks
- 1 parsley root

Clean chicken. Place in water and bring to the boil. Add chicken and remaining ingredients. Cover and cook over low heat for 1 – 2 hours. Strain off chicken and vegetables. Skim off fat from top when cool.

VEGETABLE SOUP

- 1 cabbage, sliced
- 2 bunches soup greens,
- 3 ripe tomatoes, peeled
- 1/4 pumpkin

Wash cabbage, peel carrots and leave whole, slice soup greens. Peel pumpkin and remove pips. Place the vegetables into a large soup pot and cover with water. Add 4 large vegetable stock cubes. Add extra salt if necessary. Boil vegetables until soft. Liquidise vegetables and put them back into the soup. For clear soup strain off vegetables.

BEEF CONSOMME

- 1 kilo flank, brisket etc.
- 1.5 litres water, salted
- 1 whole onion
- 3 – 4 carrots
- 2 – 3 stalks celery
- 1 teaspoon pepper

Place meat in salted water and bring to a boil. Skim, and reduce heat. Add vegetables and pepper and cover. Simmer for 3 hours. Strain. This is a clear soup, which may be served with noodles, farfel etc.

Serves 12

MUSHROOM AND BARLEY SOUP

400 gm sliced mushroom
1 Tablespoon oil
1 cup grated carrots
1 cup diced potatoes
1 cup chopped celery
1 large chopped onion
5 Tablespoons washed barley
8 cups stock

Wash barley and soak for 1 hour. Fry onion in oil and when slightly brown, add mushrooms. Add rest of ingredients, leaving barley till last. Add stock and seasoning. Bring to boil, add barley and cook till soft.

MEAT BLINTZES

BATTER

3 eggs
2 cups water (add more if mixture requires)
1 1/2 cups flour
pinch salt

Beat eggs and add flour, and salt. Gradually add water to make a smooth batter. If one is using an electric beater, allow mixture to stand for a while to enable bubbles to settle. Heat a small frying pan and grease. Pour batter thinly onto the pan. When edges start to curl, turn blini onto a cloth or a board. Place spoonful of meat in centre and fold as an envelope. Fry in oil on both sides. Blintzes may be frozen before frying.

MEAT FILLING

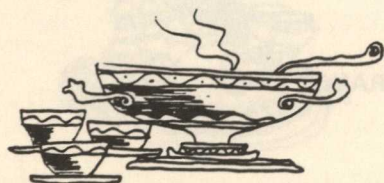
500 gm cooked soup meat
salt and pepper
little soup

Mince meat (add an onion if required) and add seasoning. Add a little soup to moisten mixture.

SIMPLE PEROGEN

- 1/2 cup oil
- 1 egg
- 3/4 teaspoon salt
- 3/4 cup cold water
- 2 1/2 cup flour
- 3 1/2 teaspoon baking powder
- 500 gms cooked soup meat
- Gravy or soup
- Salt and pepper

Beat oil and egg together add water and mix together. Add flour, baking powder and seasoning. Mince meat, soften with soup or gravy and season to taste. Divide dough and meat into equal number of small balls. Flatten a portion of dough in palm of hand and add portion of meat. Press edges of dough together and form oblong shapes. Continue until all portions used. Place on oiled baking sheet and bake for 8 – 10 minutes at 240°C (450°F).



PEROGEN

- 2 1/2 cups self-raising flour
- Pinch salt
- 200 gms Parava shortening
- Ice water
- 2 eggs

- 2 Pieces raisin rib
- 2 onions
- Salt and pepper
- Enough water to cover meat
- Boil meat till soft.

Grate parava on coarse grater into flour and salt. Rub to a fine texture — make well in centre, add eggs and enough ice water — mix with knife to make soft rolling consistency. If too soft add more flour. When meat is cooled, mince with small raw onion, add chicken fat and 1/2 teaspoon mustard, add stock from meat and salt and pepper to taste. If meat is too hard add little boiling water. Roll dough, cut into circles. Place a tablespoon meat in each circle and pinch edges together. Brush with beaten egg and bake at 220°C (400°F) for 10 minutes or until golden.

POULTRY

SESAME CHICKEN

- 1 cup flour
- 160 gms sesame seeds
- 2 teaspoons paprika
- 2 teaspoons salt
- 1 frying chicken
- 1 egg
- 1 cup stock or water
- Oil for frying

Mix the flour, sesame seeds, paprika and salt in a paper bag. Cut the chicken into serving pieces and shake in the bag. Beat the egg and add to the stock. Dip the chicken into this liquid and then shake in the bag. Heat the oil in a pan and fry the chicken until just golden. Put chicken into a baking dish and bake in a warm oven 180°C (350°F) for about 30 minutes or until tender. Serve on boiled rice garnished with black olives.

ROAST CHICKEN IN ORANGE JUICE

- 1 large chicken
- 2 large onions grated
- Juice of 2 oranges
- 2 cloves of garlic, chopped
- Salt and pepper.

Season chicken. Add onion and garlic. Pour over orange juice and add a little water. Fill inside of bird with stuffing. Place in roasting pan covered and roast at 200°C (400°F) for 2 1/2 hours. Uncover and allow to brown on both sides basting all the time.

STUFFING

- 2 large potatoes
- 1 small onion
- 1 dessertspoon parsley
- 1 or 2 Tablespoons matza meal
- 1 heaped teaspoon mixed herbs
- 1 or 2 Tablespoons chicken fat
- Salt and pepper
- 1 egg

Grate potatoes coarsely, and onion finely (a processor may be used). Chop parsley. Mix all ingredients. Lastly add beaten egg and mix thoroughly.

CHICKEN BREASTS WITH GINGER SAUCE

6 chicken breasts
Salt and pepper
1 egg
syrup
Flour for dredging
1 cup breadcrumbs
3 Tablespoons oil

Sauce

1/2 cup chicken stock
3 Tablespoons ginger
Juice 2 lemon
1 Tablespoon cornflour
1 Tablespoon water
1 heaped Tablespoon
blanched chopped almonds

Remove skin from chicken breasts, place meat between waxed paper and pound until thin. Sprinkle both sides with salt and pepper. Dredge with flour and dip in beaten egg. Coat with breadcrumbs. Heat oil in frying pan and brown chicken. Arrange on a serving plate and keep warm. To the pan add stock, ginger and lemon juice. Bring to boil and simmer. Blend cornflour with cold water and stir in till sauce thickens. Pour sauce over chicken and sprinkle with chopped almonds.



CHICKEN CHUTNEY AND SYRUP

1 large chicken
1/2 cup oil
1 cup water
1 cup orange juice
1 teaspoon syrup
1 dessertspoon soya sauce
1/2 teaspoon salt
Dash pepper
1 Tablespoon Maizena
1 teaspoon gravy powder.

Season chicken with salt and pepper. Place in 1/2 cup oil in oven at 180°C (350°F) till golden brown approximately 1 1/2 hours. Cut into portions and place in a casserole dish. Pour over following sauce:

SAUCE:

Drain off all but 1 tablespoon fat from roasting pan. Add water, orange juice, syrup, soya sauce, salt and pepper. Thicken with maizena and gravy powder, mixed to paste with cold water. Cook until it thickens. Bake uncovered in slow oven 150°C (300°F) for 45 minutes.

CHICKEN À LA KING

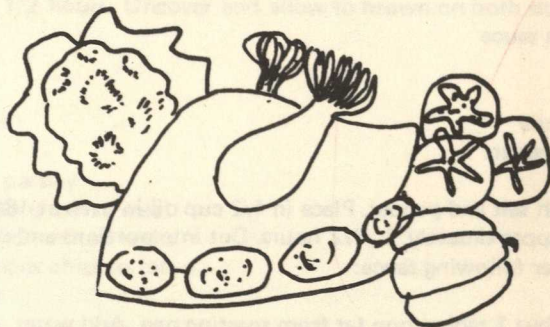
- 1 large chicken boiled with seasoning, carrots and onions
- 1 onion sliced
- 1 green pepper sliced — use GILI quality vegetables
- 3 Tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 2–3 cups chicken stock
- 1 packet fresh mushrooms

Fry onions and green peppers until soft. Blend in flour, add chicken stock and allow to simmer. Add seasoning. Add the mushrooms that have been sliced. Add chicken that has been cut up into bite size pieces. Serve with noodles or rice.

ROAST DUCK

- 1 duck
- Salt and pepper
- 2 cloves garlic crushed
- 2 apples (halved)
- Celery stalks and leaves
- 1/2 cup water

Rub the duck inside and out with the crushed garlic and sprinkle with salt and pepper. Put the halved apples and celery stalks and leaves in the cavity of the bird. These are for flavouring only and are removed before serving. Put the duck on a rack in a baking pan into a preheated very hot oven 240°C (450°F) and cover for first 30 minutes. Reduce the heat to 160°C (325°F). Drain off the fat and put in the water. Continue cooking without a cover for about 1 hour, basting from time to time so the bird will brown nicely and not dry out.



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MEAT

KLOPS — Minced Meat Loaf

- 1 kg minced meat
- 1 large potato
- 1 onion grated
- 1 clove garlic
- Pinch pepper
- 2 eggs mixed with 3/4 cup water

Mince all ingredients together and mix well. Shape mixture by hand into 3 round rolls and place in oven proof dish.

SAUCE

- 1 sliced onion
- 1 sliced carrot
- 1/2 tomato
- 1 soup cube dissolved in 1 cup water

Place all ingredients into casserole. Cover. Bake at 180°C (350°F) for 2 hours. Check to see that there is enough water, if not add more water. Serve hot with mushroom sauce or mustard OR cold with a salad.

MUSHROOM SAUCE

- 1 cup mushrooms
- 1 teaspoon grated onion
- 100 gms margarine parava
- 3 Tablespoons flour
- 2 cups stock
- Salt and pepper.

Wash and slice mushrooms. Melt 1 Tablespoon margarine in saucepan and cook mushrooms and onion gently together. Remove to a dish. Heat rest of margarine, add flour and slowly add stock. Bring to boil and cook thoroughly, stirring all the time. Add mushrooms and reheat.

MUSTARD SAUCE

- 1/4 cup dry mustard
- 1/4 cup sugar
- 2 Tablespoons oil
- 2 Tablespoons flour
- 3/4 teaspoon salt
- 3/4 cup boiling water
- 3/4 cup Mayonnaise
- 3/4 cup white vinegar

Mix in double boiler until smooth. When cool add 3/4 cup white vinegar, stir, add 3/4 cup mayonnaise and juice of 1/2 lemon.

BRISKET IN GINGER ALE

- 3 – 4 kg brisket or bolo
- 1 litre ginger ale
- 1 packet onion soup
- 1 packet mushroom soup
- 3/4 cup tomato sauce
- 1/2 cup chutney
- 3 large onions
- 4 – 5 peppercorns
- 5 bay leaves

Place meat in casserole dish. Mix remaining ingredients together and pour over meat. Bake at 180°C (350°F) until soft (3 – 4 hours).

BRISKET IN COKE

Brisket

- 1 can Coke or Diet Pepsi
- 1/2 cup chutney
- 2 cups water
- 1 cup tomato sauce
- 1 onion cube or 1 packet brown onion soup

Mix above well. Marinate meat overnight. Cover. Cook meat in marinade in moderate oven for +/- 3 hours. Slice meat thinly and reheat in marinade to which baby carrots, baby potatoes and fresh mushrooms have been added.

SWEET AND SOUR TONGUE

- 2 kg fresh beef tongue
- Cold water to cover
- 1 garlic clove
- 1 Tablespoon whole all spice
- 1 cup apple-cider vinegar
- 3/4 cup brown sugar
- 1/2 cup seedless raisins
- 1/4 teaspoon ground ginger

Boil tongue in cold water for 10 minutes. Add garlic and spice. Simmer for 2 hours. Remove tongue from liquid. Remove skin and cut away fatty part at the base. Strain liquid and return tongue to liquid. Add remaining ingredients and simmer for 20 – 30 minutes.

Serves 8 – 10 people.

DESSERTS

EASY CHOCOLATE PUDDING

6 eggs
100 gms parava Nestle Albany
2 teaspoons gelatine
2 Tablespoons sugar

Separate yolks and whites of eggs. Beat yolks well with sugar till creamy. Melt chocolate in double boiler. Add 2 tablespoons cold water to chocolate. Dissolve gelatine in 2 tablespoons cold water. Add chocolate to beaten egg yolks and add gelatine. Mix together. Beat up egg whites till stiff and fold into pudding. Decorate.

PARAVA ICE CREAM

2 packets Orley whip (1 box)
2 eggs
2 Tablespoons sugar

Separate eggs. Beat egg whites until stiff. Remove from bowl. Beat Orley whip until stiff. Remove from bowl. Beat yolks with sugar. Blend all together.

Variations:

- Add:
1. 2 Tablespoons cocoa for chocolate ice cream
 2. 2 Tablespoons coffee for coffee ice cream
 3. 1/2 kilo halva chopped with nuts
 4. 1 envelope kosher jelly
 5. Rum essence and raisins

NB: Any combination of the 5 may be used or used individually.

HALVA DESSERT

250 gms Halva
2 packets Orley Whip
6 eggs
3/4 cup sugar

Beat egg whites until stiff. Remove from bowl. Beat Orley Whip until stiff. Remove from bowl. Beat yolks with sugar until creamy. Add flaked Halva. Fold in Orley Whip and egg whites. Place in oiled mold or dish and freeze.

Variation: Crushed peanut brittle may be added instead of Halva.

PARAVA PEARS

6 firm pears (with stems)
3/4 cup sugar
1 cup water
1 glass sherry or brandy

Peel pears without removing stems. Place in shallow pan and cook in water, sugar and brandy, basting continually and take care to let all sides cook. When just tender remove from pan, place in a dish with sides to hold syrup. Cook syrup until slightly caramelised. Pour over pears and allow to set.

ORANGE PUDDING

Juice of 4 oranges + 1 lemon
Water (to make 2 cups of liquid with orange juice)
2/3 cup sugar
5 level teaspoons cornflour or custard powder.

Place the liquid and sugar into a saucepan and heat thoroughly, but do not boil. Mix the cornflour into a paste with a little cold water. Add to the very hot liquid. Stir the combined mixture over a low heat until it forms into a jelly-like consistency. Pour into a mould and freeze. This pudding may be served hot.

STRAWBERRY MELBA

500 gms strawberries
2 Tablespoons sugar
2 Tablespoons Kirsch
1/2 cup strawberry jam
1/2 cup water
1/2 cup slivered blanched almonds

Mix jam, sugar and water in a saucepan and simmer for a few minutes. Add Kirsch and chill. Arrange cleaned and hulled strawberries in individual serving dishes. Place a scoop of ice cream in each dish and pour over chilled sauce. Sprinkle with nuts.

DATE PASTRY

250 gms blanched almonds
2 egg whites
250 gms dates
Sugar to taste

Cut almonds and dates very fine. Beat egg whites till stiff and add to date mixture. Put pastry onto rice paper and bake at 160°C (300°F).

PARAVA FRUIT PUDDING

- 2 eggs
- 1 large tin pie apple
- 1 medium tin apricots
- 1 cup flour
- 1 cup oil
- 2 teaspoons baking powder
- 1 teaspoon vanilla essence

Mixed tinned fruit together. Mix remaining ingredients together. Take eggs and beat very well and add to above mixture. Mix well and spoon batter over fruit. Place in ovenproof dish. Bake 160°C (325°F) for 1/2 hour.

ECLAIRS OR CREAM PUFFS (May be Parava)

- 125 gms butter or margarine
- 1 cup water
- 1 cup flour
- 4 eggs

Bring water and butter to boil. Add flour and stir quickly until dough leaves sides of pan. Cool slightly. Add eggs one at a time mixing completely after each addition. The mixture should be slack but not liquid. For eclairs: Place mixture in icing tube and force 8 cm out onto a greased pan. For puffs: Drop a teaspoon full onto greased baking sheet. Bake at 180°C (350°F) for 15 – 20 minutes. Turn oven off and leave another 10 minutes to dry out.

FILLING

Beat 1 packet vanilla instant pudding with 1 cup of milk (or water if Parava). Beat 1 cup cream (or Orley Whip) till thick. Mix pudding with cream and fill eclairs or puffs. Pour thin chocolate water icing over each puff or eclair.

MERINGUES

- 3 egg whites
- 6 Tablespoons castor sugar
- 1 teaspoon vanilla essence.

Beat egg white until stiff. Slowly add sugar beating all the time. Add vanilla essence. Drop a teaspoon of the mixture onto a greased pan. Preheat oven to 180°C (350°F). Place meringues in oven and switch off. Leave in the oven for 3 – 4 hours or overnight.

(If desired fold chopped walnuts into stiff mixture before placing in pan).

CAKES

CHOCOLATE CHIP CAKE (PARAVA)

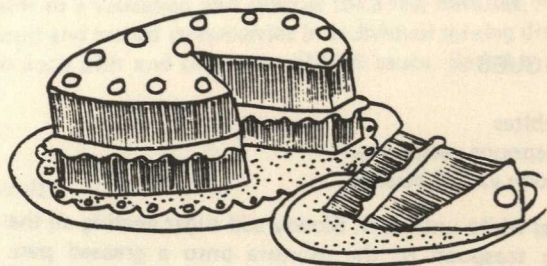
- 2 cups flour
- 3 teaspoons baking powder
- 1 3/4 cups sugar
- 1 teaspoon salt
- 1/2 cup oil
- 7 egg yolks
- 3/4 cup cold water
- 2 teaspoon vanilla
- 7 egg whites with 1/2 teaspoon baking powder

Place all dry ingredients in a bowl. Add oil, yolks, water, vanilla, and beat until smooth. Beat up egg whites. Pour egg yolk mixture gradually over the whipped whites, gently folding with a rubber scraper just until blended. Grate 100 gm dark chocolate coarsely and carefully fold into mixture. Pour into an ungreased chiffon tin and bake at 170°C (325°F) for 1 hour.

CHOCOLATE CAKE (PARAVA)

- 5 extra large eggs
- 1 1/4 cups sugar
- 1 3/4 cups self raising flour
- 1/4 cup cocoa
- 1/2 teaspoon baking powder
- 1/2 cup oil
- 1/2 cup boiling water

Beat eggs, add sugar and beat till creamy. Fold in dry ingredients. Then add oil and water together. Beat again. Pour into greased tin and bake at 180°C (350°F) for 20 minutes.



ADAPTABLE QUICK CAKE (PARAVA)

3 cups flour
1 1/2 cups sugar
4 eggs
1 cup orange juice
1 teaspoon orange essence
1/2 teaspoon salt
4 teaspoons baking powder
250 gms Parava margarine

Pour ingredients into mixing bowl. Beat until well mixed. Pour into appropriate tins, that have been well greased: 2 loaf tins or 2 fancy layer tins or 1 fancy big tin. This recipe can be adapted for iced cakes, cookies, fruit tarts, marble cake — any cake you like!

ALMOND TART (PARAVA)

PASTRY

1 cup flour
Pinch salt
1/2 teaspoon baking powder
1 Tablespoon sugar
125 gms butter or parava margarine
1 egg yolk mixed with 1/2 eggshell cold water

Sift flour, baking powder and salt. Rub in butter. Add sugar and blend to a firm dough with egg and water. Roll out dough and line a greased pastry tin or plate.

FILLING

125 gms butter or parava margarine
60 gms ground almonds
4 marie biscuits (parava)
2 Tablespoons castor sugar
1 teaspoon almond essence
1 egg
Jam

Cream butter and sugar. Add egg yolks, ground almonds, crushed biscuits and essence. Mix well. Fold in stiffly beaten egg whites. Smear jam over pastry and then add filling. Make a 'criss cross' design with left-over pastry. Bake at 180°C (350°F) for 30 minutes. When cold brush top with a little thin water icing.

HEALTHY APPLE PIE (PARAVA)

- 2 1/2 cups Jungle oats
- 1/2 cup oil
- 1/2 cup orange juice
- 4 Tablespoon honey or 1/4 cup brown sugar

Mix all ingredients together. Press into greased ovenproof pie dish. Bake at 180°C (350°F) for 10 – 15 minutes.

FILLING

- 10 shredded apples
- 1 Tablespoon honey
- few drops lemon juice

Mix together and put on top of shell and bake till golden brown. Makes two pies.

FLOP PROOF PARAVA CAKE (PARAVA)

Recipe makes 2 cakes. This cake freezes well.

- 10 eggs
- 8 heaped teaspoon baking powder
- 2 cups sugar
- 3/4 cup oil
- 1 cup warm water
- 2 1/2 cups flour or 2 cups flour and 1/2 cup cocoa

Separate egg whites first. Beat whites till stiff and add baking powder. Beat yolks with sugar, add oil and 1 cup warm water from the tap. Add flour. Fold in egg whites. Pour into ungreased tin and bake at 180°C (350°F) for about 45 min. – 1 hour if using a large tin.

NOUGAT TART (PARAVA)

- 3 egg whites
- 12 broken cream crackers
- 1/2 cup chopped nuts
- 1 cup sugar
- 1/2 teaspoon vanilla
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Beat egg whites until stiff, while eggs are still beating, add sugar. Add salt, vanilla, baking powder. Fold in nuts and crackers. Bake in greased pie dish for 35 minutes at 140°C (275°F). When cool decorate with beaten orley whip.

BRACHA

After the Shabbat morning service, it is traditional to have a Bracha, because we go to Shul without having eaten breakfast. Again, we enjoy the feeling of hospitality and congenial company with our friends and family. Normally, herring and kichel are served. In Israel, especially Jerusalem, kugel is a special favourite.

KICHEL

- 3 whole eggs
- 3 egg yolks
- 1 Tablespoon oil
- 1/2 teaspoon salt
- 2 cups flour

Beat eggs well in mixer at top speed for 10 minutes. Add oil and salt. Add flour to make firm dough. Roll into little balls and then roll them on a board to form thin circles. Let it 'stand'. Paint with oil and sprinkle with sugar. Bake in hot oven 200°C (400°F). Let oven reheat after each tray has come out. Kichel should curl up.

PICKLED HERRING

- 3 herrings (cleaned but leave skin on)
- 1 large onion sliced thin
- 1 cup vinegar
- 1/4 cup water
- 1 Tablespoon brown sugar
- 3 bay leaves
- 1 teaspoon mixed whole spice (optional)
- 2 Tablespoon sour cream (optional)

Slice herrings and place in a glass jar and add onions. In a saucepan boil vinegar, water and sugar. Cool completely. Add liquid to jar, add bay leaves, spices and lemon slices. Pour in cream and shake jar to distribute. Cover and let stand 24 hours before serving.

MOCK CHOPPED HERRING

- 1 tin middle cut, drained
- 1 medium onion
- 3 hard boiled eggs
- 14 Marie biscuits
- 5 small green apples

Mince fish, onions, apples, eggs and Marie biscuits. Mix with 3 teaspoons castor sugar, 2 teaspoons salt, 1/4 teaspoon cinnamon; 1/4 teaspoon pepper and 5 table-spoons white vinegar.

CHOPPED HERRING

- 1 large herring (soak for 24 hours)
- 2 hard boiled eggs
- 1 granny smith apple — grated
- 1 small onion (optional)
- 2 Tablespoons lemon juice or
- 3 Tablespoons vinegar
- 2 Tablespoons oil
- 2 Tablespoons sugar
- 3 Tablespoons dry bread
- Dash of pepper

Mince herring and eggs. Add grated apple and onion. Add lemon juice or vinegar and oil. Taste and add sugar. Stir in dry breadcrumbs and add pepper— Place on a platter and decorate with sliced tomatoes and cucumber. Grate 2 other hard boiled eggs on top of garnish.

Serves 2 — 4 people.

SWEET AND SOUR HERRING WITH RAISINS

- 4 herrings cleaned, but not skinned — soaked overnight
- 1 onion diced
- 3 Tablespoons raisins
- Syrup
- Juice of 1 lemon
- 3 bay leaves
- 6 peppercorns

Cut soaked herrings in slices and arrange in a flat dish. Boil the rest of the ingredients with a little water. Mixture should taste sweet/sour according to individual taste. When boiling pour mixture over herrings and allow to cool.

KUGEL

On Shabbat it is customary to eat kugel as it can remain hot easily on an urn without having to desecrate the Shabbat by reigniting. The kugel is of Germanic origin and one is referred to in writings 800 years ago. The farfel Kugel is recorded in 1500 in Polish writings when the name of this pasta was still called frimselles.

POTATO KUGEL

6 medium potatoes

1 onion

3 eggs

1/2 teaspoon salt

3/4 cup flour

Pinch of white pepper

4 Tablespoons shmaltz

Grate raw potatoes. Add eggs and salt and as much flour as necessary to make a batter that will drop from a spoon. Heat fat in a pot and fold into batter. Pour mixture into a greased oven proof dish. Bake 30 – 40 minutes at 180°C (375°F) or until nicely browned and crisp at edges.

Serves 4 – 6

CHEESE LOKSHEN KUGEL

500 gms cottage cheese

2 cups sour cream

1/4 cup milk

1/2 cup melted margarine

4 – 5 eggs depending on how rich you like it

1/2 cup sugar

1/2 teaspoon vanilla essence

500 gms broad noodles

1/2 cup raisins

cinnamon sugar

Boil noodles in boiling salted water for 10 minutes. In a large bowl mix cheese, cream with half of margarine. Beat eggs, sugar, vanilla and add to cheese. Finally, add cooked noodles and raisins (optional). Turn into large buttered dish. Top with remaining margarine. Mix cinnamon and sugar and sprinkle on top. Bake at 180°C (350°F) for 30 minutes or until lightly browned.

APPLE KUGEL

2 kg apple

2 cups flour

6 eggs

2 cups sugar

1 cup oil

A pinch of baking powder

125 gms ground walnuts

Peel and slice apples into half moon shapes and lay them on the bottom of a greased baking tray. Sprinkle with cinnamon. Beat egg yolks, 1 cup sugar, oil, flour, baking powder and walnuts. Beat egg whites until stiff and gradually add sugar. Fold egg whites into yolk mixture and pour on top of apples. Shake pan gently. Sprinkle some ground walnuts on top. Bake at 180°C (350°F) for 1 1/2 hours.

SHABBAT LUNCH

In order to honour the Shabbat by not switching on and off the stove and thus kindle fire, in the cold of winter, we can enjoy a popular hot Shabbat lunch dish called Cholent (see introduction) which is prepared on Friday afternoon and remains in a low oven until Shabbat lunch. This is a very filling dish consisting mainly of beans, potatoes and meat. It originates in Eastern Europe to sustain the Jews from the bitter winter cold.

CHOLENT

- 6 cups water
- 2 Tablespoons oil
- 1 sliced onion
- 1 cornish hen (or top rib)
- Salt to taste
- 1 teaspoon paprika
- Pinch black pepper
- 2 cloves garlic
- 2 cups broad beans
- 1 medium potato
- 1/2 cup barley
- 1/2 cup lima beans

Saute onions in oil until brown, then add meat, beans and spices on top. Let this saute for 20 minutes. Add water and potato and cook on low stove.

OVERNIGHT CHOLENT ROAST

- 3kg Brisket or top rib roast
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 Tablespoon paprika
- 2 Tablespoons worcester sauce or soya sauce
- 4 cloves garlic
- 4 carrots
- 3 celery stalks
- 3 onions
- 1 1/2 cups water
- 3/4 cup wine (optional)

Rub seasoning into meat. Coarsley chop onions and garlic and rub over meat. Slice carrots and celery and add to pot with meat. Pour over water and wine, cover tightly and place in a 100°C (200°F) oven and leave overnight.

IRAQI CHOLENT

500 gms broad beans
1 cornish hen
1 cup rice
3 Tablespoons oil
Sprinkling cinnamon
Sprinkling cardamon or cumin
Salt and pepper
Water to cover
500 gms hard squash, pumpkin or carrots.

Soak beans for 6 hours. Skin the chicken from below the wings to include the wings and skin of neck. Fry rice in oil until golden. Add 4 diced tomatoes with seasoning. Fill the cavity of the skin with rice about 1/3 full and sew up. Put the drained beans in a saucepan with the skinned chicken and the stuffed skin next to it. Surround with 3/4 cup rice and vegetables. Sprinkle with more seasoning. Top with the remaining tomatoes. Cover with water and simmer over a very low heat overnight.

CHOLENT

1 1/2 kg meat (top rib with bones) or cornish hen of same weight
4 grated carrots
2 onions
Salt and pepper
Garlic, paprika
2 beef or chicken cubes
1 Tablespoon syrup
1/2 packet barley
1/2 packet butter beans
6 large potatoes.

Fry onions in a drop of oil, lightly brown. Dredge meat in flour and fry until brown. Add rest of ingredients except potatoes. Cover with water and cook for about 3 hours. Just before Shabbat add the potatoes (whole) and taste, if necessary adjust the seasoning. Leave on lowest temperature on top of stove on an asbestos plate until Shabbat lunch.



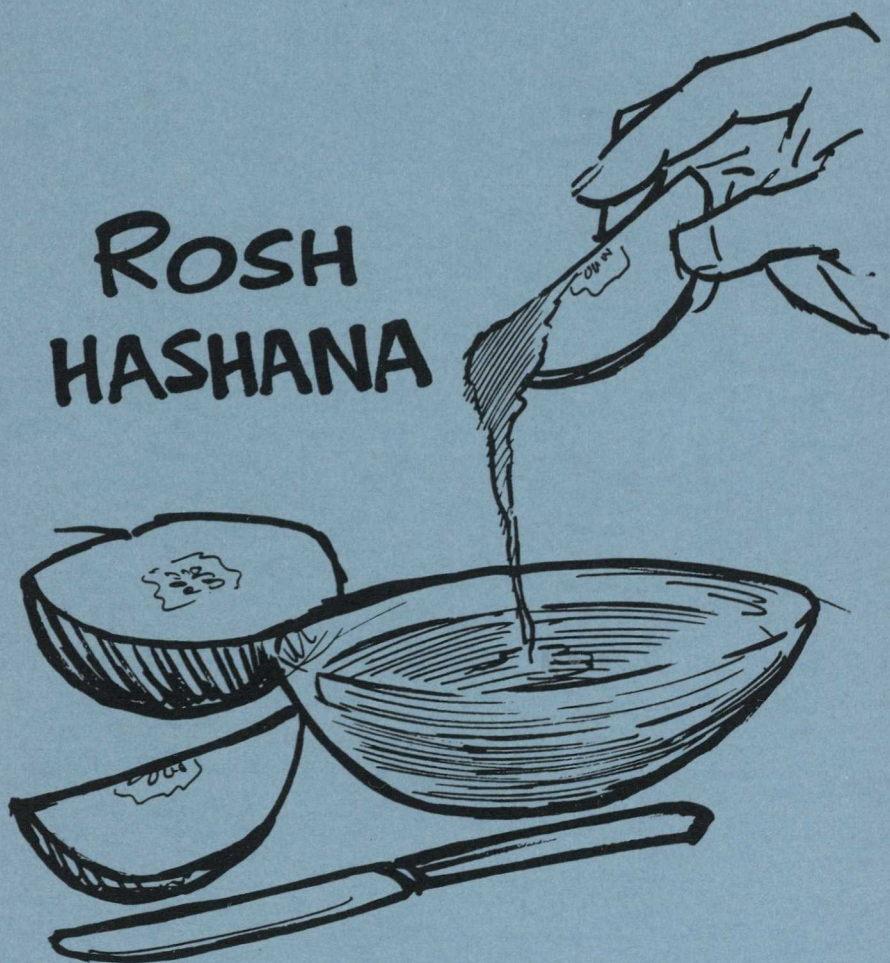
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ROSH HASHANA



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ROSH HASHANA

The Hebrew word Rosh means head or beginning. Hashana means the year. Together they say "Beginning of the New Year" and marks the creation of man. While other holidays commemorate great historical events, Rosh Hashana and Yom Kippur are religious occasions devoted to prayer and serious thought, when Jews take stock of their ideals and deeds. Rosh Hashana is a two-day holiday during which it is customary to attend Synagogue, listen to the Shofar and wish friends Shana Tova.

The holiday has deep roots in the Jewish tradition and the foods with which it is associated have special meanings and definite reasons for being served. Their colour, shape or type expresses a particular wish for a good year to come. These foods vary from one Jewish community to another, according to regional tastes or the ingredients available, but the message remains the same, ie the yearning for a better year. The foods include:—

- The head of fish (Ashkenazi) — This is usually stuffed with a gefilte fish mixture and baked.
- The head of a lamb/sheep (Sephardic) — From the Babylonians the ancient Hebrews borrowed this custom of serving a sheep's head for the main course of the meal, signifying the year at the beginning, the head of the events to come. Another interpretation is said to commemorate Abraham's sacrifice of a ram in lieu of his son, Isaac. The head also indicates that we should ahead and not the last in life.
- Apple is dipped into honey and a special bracha recited. Apples are eaten to signify the hope for a sweet New Year.
- On the second night a new fruit is eaten (loquats, pomegranates are usually in season). One says Shehichyanu over this fruit.
- Many housewives serve sweet dishes eg Tzimmes as carrots symbolize prosperity especially if they are cut in rounds, coin shaped.
- Honey cake is also a popular food.
- The shape of the Challah alters at this time. It is usually sweet and round. The loaves are often braided to look like a crown for the crown of Hashem's Kingdom and the silver crown on the Torah scrolls. Ladders and birds are used on loaves of some Jewish communities.
- Farfel soup is eaten. Once again symbolising the hope of a round year.
- Ashkenazi Jews do not eat nuts as the Gamatria equivalent spells sin. Sephardic Jews, however, have many dishes which include almonds and other nuts.
- Many vegetables appear on the Sephardic table with a play on words for good omens and wishes.

KITKE DOUGH

2 cakes yeast dissolved in 1 cup warm water with 1 teaspoon sugar and pinch flour, pinch baking powder. Leave to stand for 10 minutes.

6 — 7 cups flour

1 egg

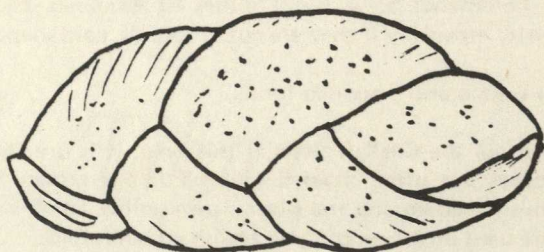
1/2 cup sugar

1 Tablespoon salt

1/4 cup oil

Combine all ingredients and add enough water to make a firm but soft dough. Leave to rise for about 3 hours in a warm place covered with a towel. Punch down and divide into eight equal parts to make 2 kitkes. Plait. Allow to stand in a warm place and double in bulk. Paint with a beaten egg and sprinkle with poppy seed and bake at 200°C (400°F) until golden brown.

- If one is making a round kitke or challah, separate the dough into 2 halves. Roll each piece into a long thick strip. One end should be slightly thicker than the other. Take the thicker end and place it in the middle of a round pan. Wind the rest of strip round.
- Many people add raisins to their Rosh Hashana kitke. 1/2 Cup is then used. Sprinkle as the dough is wound round on the pan.



STARTERS

GEFILTE FISH

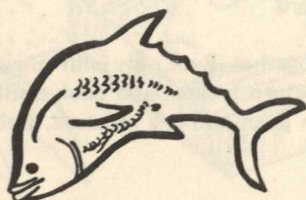
500 gms filleted fish — use carp, kabeljou, stock
(mix 2 types together for additional taste)
(keep heads, bones and skin for stock)
1 small carrot
1 sliced onion (fry first before using)
1 whole onion
1/2 teaspoon sugar
2 eggs
1 Tablespoon matza meal
1/2 cup cold water
1/4 teaspoon pepper

Mince fish, carrots and fried onion together (a food processor may be used — mix +/— 40 seconds). Add remaining ingredients and mix well, if using a processor mix for another 15 seconds.

Fish Stock:

Head, skin and bones from fish
4 cups cold water
2 onions
2 carrots
1 teaspoon salt
1 teaspoon sugar

Place head, skin and bones in large pot and add enough water to cover, add onions and carrots, simmer for 1/2 hour. Strain stock and discard trimmings. Moisten hands with cold water. Shape already mixed fish into balls and add to simmering liquid for 2 hours. Remove lid of pot for last 1/2 hour of cooking to reduce liquid. Allow to cool. Carefully remove fish from stock and transfer to a large platter. Garnish with slices of carrot.



COLD BAKED FISH

1 whole Kabeljou, Stumpnose, or Cape Salmon
2 Tablespoons oil
Salt and pepper
Lemon juice
Fish spice

Clean fish and remove fins. Place fish in foil and cover well with seasoning. Seal fish and bake at 200°C (400°F) for 50 minutes. Allow to cool slightly and remove skin. Place lettuce leaves or cabbage leaves on platter and cover with home made mayonnaise. Place fish on platter and cover with mayonnaise again. Decorate with fresh slices cucumber, carrots, pickled cucumber.

MAYONNAISE

1 egg
1 teaspoon prepared mustard
1 Tablespoon sugar
2 Tablespoons vinegar
1/4 teaspoon salt
Dash white pepper
1 cup sunflower oil

Place all ingredients except oil in blender or processor. Blend together for 5 second. While machine is running add oil very slowly in a steady stream through the feed tube. Mix until mayonnaise begins to thicken.

FAT FREE MAYONNAISE

1/2 cup vinegar
1/2 cup water
4 eggs
4 teaspoons sugar (or sweetener)
1 teaspoon salt
1 Tablespoon onion juice
1 level teaspoon dry mustard

Boil vinegar and water together. Beat eggs with sugar very well. Pour vinegar and water into beaten eggs. Return to heat and cook until slightly thick. Remove from stove and add salt, onion juice and dry mustard. Cool, bottle and keep in fridge.

BAKED FISH IN TOMATO SAUCE

Cape Salmon, 74, Stumpnose, or Kabeljou

Fry 1 onion sliced, add 3/4 cup tomato sauce

6 parsley sprigs

1 teaspoon garlic flakes

Clean fish, remove fins. Sprinkle with salt and pepper. Arrange in greased baking dish. Cover with prepared mixture. Add 1 cup water and juice of 1 lemon. Cover fish with foil. Bake 200°C (400°F) for 30 minutes. Remove cover, bake further 20 minutes at 180°C (350°F).

LIVER PÂTÉ

Kasher liver as indicated in "Dietary Laws".

500 gms chicken livers

3 medium onions chopped

3 tablespoons oil

3 Tablespoons shmaltz

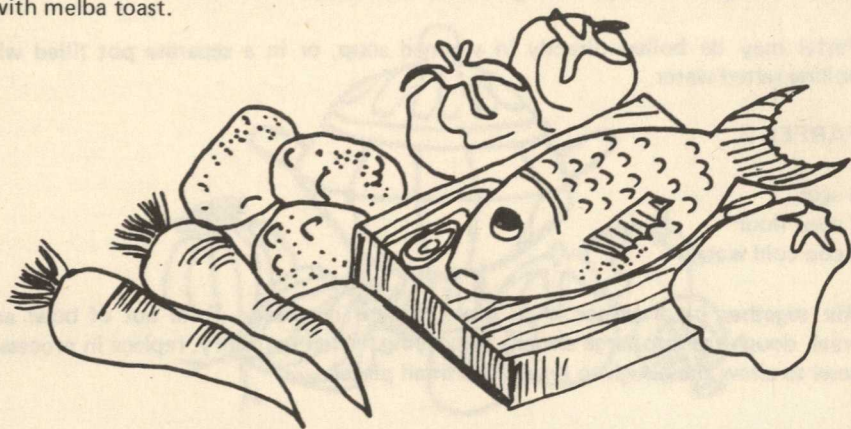
1 tablespoon sherry

1 teaspoon salt

3 hard boiled eggs

3 tablespoons white wine

Saute onions in oil and shmaltz. Add livers, allow to simmer. Add sherry, salt. Place in liquidiser or processor together with eggs. Add wine for flavouring. Serve with melba toast.



SOUPS

CHICKEN SOUP AND FARFEL

2 kg Chicken
4 litres water
1 onion
3 carrots
2 stalks celery
1/2 parsnip
1 leek
2 sprigs parsley
1/2 turnip
Salt and pepper to taste.

Clean chicken well. Place in boiling water and bring to a boil. Skim. Add remaining ingredients. Cover and simmer for 1 1/2 hours. Strain.

Serves 12

FARFEL 1.

1 cup flour
1 egg

Place flour on a board, make a well. Break egg into centre. Chop flour into egg from out edge, inwards, until ingredients form farfel.

Farfel may be boiled directly in strained soup, or in a separate pot filled with boiling salted water.

FARFEL 2.

3 eggs
2 cups flour
1 cup cold water

Mix together in processor. Add more flour if necessary. Take out of bowl and break dough up into large chunks for drying. When quite dry, replace in processor bowl to allow the dough to break into small pieces.

HOT BEEF BORSHT

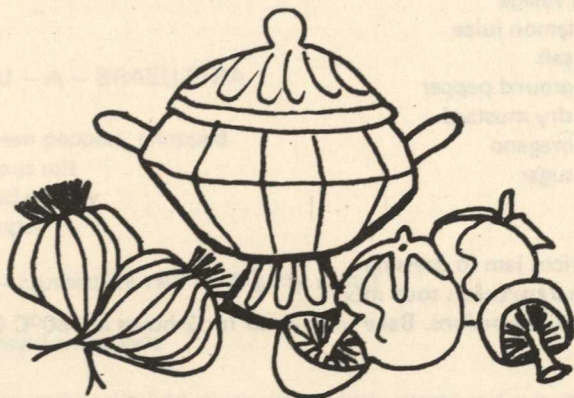
8 medium beets
4 onions
1 kilo fat brisket of beef
+/- 2 tablespoons sugar
Juice of 2 lemons
Salt and pepper

Use dark red young beets. Wash scrape and grate. Simmer slowly with beef and onions in 4 litres of water until tender. Remove meat. Add sugar and lemon juice to taste, to make the soup sweet and sour. Continue cooking 15 minutes. Season with salt and pepper. Serve hot with boiled potatoes.

AVGOLEMENO – SEPHARDIC CHICKEN SOUP

2 cubes chicken boullion
1 litre water
1 litre chicken stock
1/2 cup rice
1 egg
1 lemon
Salt and pepper.

Boil rice in stock until tender. Just before serving beat eggs well, add lemon juice and 2 cups stock. Pour this mixture into remaining hot soup but do not allow to boil once the beaten egg has been added. Serve immediately.



MAIN COURSE — POULTRY

HONEY GLAZED CHICKEN

Mix by hand, liquidiser or processor

- 2 — 3 cloves garlic
- 3/4 cup honey
- 1/4 cup soya sauce
- 1 teaspoon vinegar
- 1/2 teaspoon salt and pepper
- 1/4 teaspoon ginger
- 1 small onion
- 1 Tablespoon tomato sauce.

Pour over 2 jointed chickens or chicken portions. Cook at 200°C (400°F) for 40 minutes. Turn pieces over and cook for another 40 minutes.

MIX IT ALL UP CHICKEN

Joint 2 chickens

In processor or liquidiser make the following Italian salad dressing or use 1 cup ready made parava dressing:

- 1 clove garlic
- 1 cup oil
- 1/4 cup grape vinegar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 teaspoon dry mustard
- 1/4 teaspoon oregano
- 1/4 teaspoon sugar
- Pinch thyme

Add 1 cup apricot jam to dressing

1 packet dry parava onion soup mix.

Pour over chicken portions. Bake uncovered for 2 hours at 180°C (350°F) basting occasionally.

(Other salad dressings may be used instead of Italian — even dietetic!!).

TOFFEE CHICKEN

Joint and fry or roast first, 1 chicken
Season with salt, pepper, ginger and mustard.

Sauce:

1 cup apple cider vinegar
6 Tablespoons brown sugar
2 tablespoons tomato sauce
2 tablespoons worcestershire sauce

Heat ingredients until sugar dissolves, pour over chicken and allow to brown. This is very good the day after it is made — keeps well.

ORANGE GLAZED ROAST DUCK

2.5 kg duck
1 teaspoon salt
1/2 cup orange marmalade
1 orange
1/2 cup red kosher wine.

Salt inside the cavity of duckling. Cut the orange into 8 sections and stuff these into the duck. Fasten the neck flap over the back and tie the legs. Place the duck breast side up in a shallow pan. Pour 1/4 cup wine over it and roast in a hot oven 220°C (425°F) for 1/2 hour. Drain off and discard the fat. Reduce the oven temperature to 180°C (375°F) and continue roasting for 1 hour. Heat the marmalade with the remaining wine, brush the glaze over the duck and roast for an additional 10 — 15 minutes. Place on a platter, garnish with parsley and serve with the wine jelly.

TURKEY PERU — A — BRASILEIRA

1 turkey
GILL quality green peppers, chopped
1 1/2 tablespoons salt
1/2 cup chopped parsley
2 teaspoons pepper
1/2 cup vinegar
3 cloves garlic — crushed (or rare earth garlic paste)
1/2 cup oil
2 tomatoes skinned and cubed

Mix salt, pepper and garlic into paste with a little water and rub thoroughly into bird inside and out. Place in roasting pan. Mix oil, tomatoes, peppers, parsley and vinegar and pour over bird. Leave in fridge overnight. Baste a few times. Remove from fridge 3 — 4 hours before roasting. Roast at 180°C (350°F). Allow 40 minutes per kilo.

MEAT

BEEF À LA LEGUME

Raisin rib, bolo, false fillet (for small family), scotch fillet.

Heat a little oil in saucepan to seal meat (to brown colour) on all sides — 10 minutes. Add sliced onion and fry until golden brown. Sprinkle with salt and pepper. Add 3 cups beef stock.

2 celery stalks

1 bay leaf

2 garlic cloves

8 parsley sprigs

1 x 175 gm tomato paste

bring to boil and cover, then simmer for 2 hours.

Then add diced carrots, potatoes, green beans and arrange around meat. Season to taste if necessary. Simmer 50 minutes. Discard celery, bay leaf and parsley, add frozen peas and cauliflower. Cook 7 minutes. Put meat on platter, arrange vegetables around. Strain sauce and allow to thicken on stove for 10 minutes. Keep platter on warmer or slow oven 120°C (250°F) until serving. Pour sauce on meat just before serving.

STEAK TREAT

Place 4 steaks (scotch fillet or tenderised steak) in a large roasting pan.

Sprinkle with onion soup mix (1 packet)

In a liquidiser or processor drop in 2 garlic cloves until shredded.

Add:

3 tablespoons honey

3 tablespoons apple juice

3 tablespoons soya sauce

1 tablespoon vinegar

1/4 teaspoon ginger

1/4 teaspoon chilli powder.

Pour over meat. Cover and bake at 160°C (325°F) for 2 hours or until tender. Freezes well so can be made in advance.

ROAST BEEF PIQUANT — LOW CALORIE

- 1.5 — 2kg beef roast — brisket, roll of beef
- 2 teaspoons salt
- 3/4 teaspoons pepper
- 1 teaspoon paprika
- 2 cloves garlic crushed
- 1/2 cup vinegar
- 1 cup water.

Season meat and marinate in mixture of vinegar and water. Leave in fridge overnight. Drain. Place meat on a rack in a roasting pan. Roast uncovered at 180°C (350°F) until tender. (20 minutes per 500 gms for medium cooked).

ROAST BRISKET

Using liquidiser or food processor mix —

- 2 cloves garlic
- 1 small onion
- 2 Tablespoons vinegar
- 1/4 cup honey
- 1/4 cup Coca Cola
- 3 tablespoons tomato sauce
- 1 tablespoon salt
- pepper
- 1 teaspoon paprika.

Pour over brisket — marinate 2 hours or overnight. Bake in covered pan at 150°C (300°F) for 4 — 5 hours. (if you want to serve brisket already sliced, allow to cool in fridge and then slice, return to pot and reheat).

PICKLED BRISKET WITH A DIFFERENCE

Wash spices off pickled brisket or hump — dry well.

Sprinkle meat with:

- 2 teaspoons dry mustard
- 2 teaspoons paprika
- 1/3 cup brown sugar
- 2 teaspoons honey

Wrap meat tightly in tin foil and place in roasting pan. Bake at 160°C (325°F) for 4 hours. May be served cold the next day.

VEGETABLES

CARROT LATKES

- 6 medium carrots grated
- 1 onion, grated
- 3 eggs beaten
- 3/4 teaspoon salt
- Dash pepper
- 1/2 cup flour
- 1/2 teaspoon baking powder

Mix all ingredients together. Drop mixture in hot oil and fry 2 — 3 minutes on all sides. If made in advance, reheat by placing in foil and bake uncovered at 230°C (450°F) for 8 — 10 minutes.

TZIMMES WITH STUFFING

Tzimmes:

- 20 medium carrots or large packet frozen carrots
- 1 cup flour
- 1 teaspoon salt
- 1 heaped Tablespoon syrup
- 1 teaspoon sugar
- Chicken stock

Stuffing:

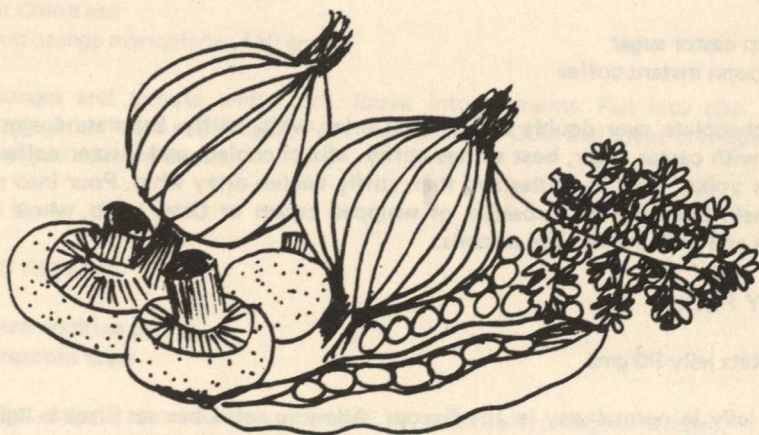
- 1 cup breadcrumbs or matzo meal
- 2 Tablespoons flour
- 2 Tablespoons schmaltz
- 1 teaspoon sugar
- Pinch salt.

Clean and dice carrots. Add salt and cook in water and chicken stock until tender and water has almost cooked out. Add flour, syrup and sugar and mix well. Place half the tzimmes in a well greased ovenware dish. Prepare stuffing by combining all the ingredients for the filling and add to the tzimmes leaving a little to sprinkle over for topping. Place balance of tzimmes mixture on top of stuffing and decorate with remaining crumbs. Bake in hot oven for 2 hours at 230°C (450°F).

FRUTADAS — Turkish vegetable pancake. Eaten on Rosh Hashana to symbolise the variety of the harvest.

1/2 cup flour
3 eggs
3 teaspoons sugar
Salt to taste
1/2 cup cooked white leeks
1/2 cup chopped cooked green spinach
1/2 cup chopped cooked yellow pumpkin or carrots
Oil.

Mix flour, eggs, sugar and salt and divide among each batch of vegetables. Each pancake is of only 1 vegetable to have variety of colour on the plate. Form dough and vegetables into small balls and fry in oil until lightly brown.



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DESSERTS

CHOCOLATE MERINGUE MOUSSE

- 4 egg whites
- 1 teaspoon vinegar
- 1 heaped Tablespoon cocoa
- 1 cup sugar
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon

Whip whites with a pinch of salt till frothy. Gradually beat in the sugar until a firm meringue is formed. Fold in the vinegar, vanilla, cocoa and cinnamon. Spread and form in to a shell shape in a well greased spring form tin. Bake at 150°C (250°F) for 1 hour then leave in oven to dry out overnight.

FILLING:

- 200 gm dark chocolate
- 2 sachets orley whip
- 4 eggs
- 1/2 cup castor sugar
- 2 teaspoon instant coffee

Melt chocolate over double boiler. Beat orley whip stiffly. Separate 4 eggs. Beat yolks with castor sugar, beat whites stiffly. Mix chocolate and instant coffee with beaten yolks. Fold in whites and then stiffly beaten orley whip. Pour into meringue shell. Decorate with rosettes of whipped cream or Orley whip, whole strawberries and grated chocolate or curls.

JELLY FRUIT

- 2 packets jelly 90 gms

Make jelly in normal way in any flavour. Allow to set. Once set place in liquidiser or processor and beat until foamy (will double in volume). Mix in 1 can fruit cocktail by hand. Place in individual bowls to set or one large bowl.

RAINBOW JELLY

Prepare 3 different flavour of jelly separately and foam each one independently in a blender. Pour first colour into see through bowl after it has been beaten and allow to reset slightly, 5 minutes in fridge, then pour in next flavour etc. Creates a lovely rainbow effect that children especially love.

MERINGUE GLACE

8 egg whites
2 cups sugar
1 teaspoon vanilla essence
Pinch of baking powder

Preheat oven to 120°C (250°F). Beat up egg whites with baking powder. Beat till stiff. Gradually add sugar and then vanilla essence. Use a large biscuit tray. Cover with brown paper. Spread on a little of the mixture in a circle on the brown paper. With a spoon put rest of egg white mixture onto circle. Put into oven and leave for +/— 6 hours. Switch oven off and leave meringue until cool and dried out. Remove and decorate with orley whip flavoured with sugar and vanilla essence. Decorate with cherries, strawberries, nuts etc.

ORANGES IN LIQUEUR

6 oranges
1/4 cup Grand Marnier
1/4 cup Cointreau
1 tin koo orange marmelade (410 gms)

Peel oranges and remove white pith. Break into segments. Put into dish. Boil liqueurs together with marmalade. Pour over oranges. Cool and place in fridge. Delicious served with ice-cream.

BAKED APPLES

6 medium cooking apples
6 Tablespoons sugar
Water

(if on diet, sugar free cordials may be used, eg. grapefruit, orange or lemon).

Core apples and then slit skin around the equator — this stops flesh exploding. The core may be filled with dried fruit or jam as preferred. Place apples side by side in greased baking dish. Cover with liquid, either sugar and water or cordial to a depth of 1 cm. Cook apples at 150°C (300°F) for 2 hours, basting frequently.

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YOMTOV SAUCE AND FRUIT SALAD

1 cup orange juice
1/2 cup sugar
2 teaspoons lemon juice
1 egg

Heat lemon juice, orange juice and sugar until sugar dissolves. Remove from heat and let cool. Add beaten egg and reheat until sauce thickens. Fold into fruit salad when cool.

FRULATO

400 gm canned pears
400 gm canned peaches
1 small banana
200 gm sugar
Juice of 1 orange plus 1 lemon
2 egg whites
1 tablespoon sugar

Pureé canned fruit, banana and orange juice and lemon juice. Add half syrup. Freeze until slushy. Beat egg white till stiff with sugar. Fold into frulato and freeze.

STEAMED GOLDEN SPONGE PUDDING – PARAVA

125 gm Parava margarine or 120 ml oil
1 cup sugar
2 eggs
1 cup flour
1 teaspoon baking powder
2 – 3 tablespoons syrup

Cream margarine and sugar together until creamy. Gradually beat in eggs. Add sifted flour (if eggs small add 1 tablespoon water). Put syrup in bottom of greased basin. Cover with pudding mixture. Allow enough room for pudding to rise well. Cover with foil. Steam over boiling water for 1 1/2 hours.

CAKES AND BISCUITS

TAIGLACH WITH COCOA

- 4 eggs plus 3 yolks
- 2 Tablespoons cocoa
- Flour
- 2 heaped teaspoons baking powder

Mix all ingredients to form biscuit dough. Roll out 3 cm thick and cut into squares.

Boil in the following syrup:

- 1 kg sugar
- 1 teaspoon syrup
- 1 teaspoon ginger
- 1 teaspoon vanilla

Boil in syrup for 20 minutes.

TAIGLACH WITH CAKE FLOUR

- 12 large eggs — less 4 whites
- 2 teaspoons sugar
- 2 teaspoons ginger
- 1 dessertspoon brandy
- 4 Tablespoons oil
- 1 teaspoon baking powder
- Enough flour to make soft dough — approx 3 1/2 cups

Syrup:

- 1.5 kg syrup
- 6 cups sugar
- 6 cups water.

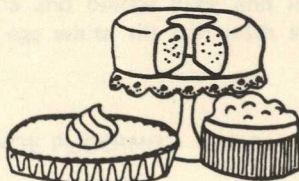
Beat eggs and sugar until very light and fluffy. Add ginger and continue beating. Add brandy, oil and baking powder. Beat till all ingredients have blended. Add flour and make soft dough, but not sticky. Roll into shape required, eg knots or rings. Place the syrup ingredients in a large pot and bring to vigorous boil. Add taiglach and cover. Do not open pot for 20 minutes. Then lift lid, (dry lid before replacing on pot). Stir every 10 — 15 minutes after that, replacing dry lid each time. Boil till teiglach are brown (about 1 hour). When ready, pour 1 cup cold water down side of pot. Add 2 dessertspoon ground ginger OR after placing teiglach on a wet board roll in 3 parts sugar to 1 part ground ginger.

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HONEY CAKE

- 4 eggs separated
- 3/4 cup sugar
- 1 cup honey
- 1/3 cup oil
- 3 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon bicarb
- 1/2 teaspoon ground clove
- 1/2 teaspoon ground all spice
- 3 teaspoons instant coffee
- 1 cup hot water

Mix yolks with sugar until creamy. Add oil, honey, beating well after each addition. Beat until smooth and creamy. Sift flour and add all dry ingredients except coffee. Add to egg mixture. Add coffee mixed with water very slowly to the mixture. Do not overbeat. Whip egg whites until stiff and fold in 1/3 at a time. Pour into greased swiss roll pan (should be 5 cm thick) and bake at 160°C (325°F) for 80 minutes. This cake keeps well. In fact the taste improves with a little keeping.



CARROT CAKE

- 4 eggs
- 2 cups flour — sifted
- 1 teaspoon cinnamon
- 1 teaspoon bicarb
- 1 cup oil
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 3 cups drained finely grated carrots
- 3/4 cups chopped nuts (walnuts or pecan)
- 1 teaspoon vanilla
- 2 teaspoon baking powder

Beat eggs and sugar well. Add oil and mix. Add dry ingredients slowly. Mix in bicarb and baking powder then carrots and nuts. Bake at 180°C (350°F) for 60 – 65 minutes.

LĒKACH – GINGER SLICES

2 eggs beaten
1 cup oil
1 1/2 cups syrup
1/2 cup sugar
3/4 cup cut up dates
3 teaspoons ginger
1 teaspoon mixed spice
5 cups flour — enough to make soft biscuit dough
3 teaspoons baking powder
1 teaspoon bicarb
1/2 cup boiling water
Pinch salt
Apricot jam
1/2 cup broken cashew nuts
1/2 cup sultanas.

Beat eggs and add oil and syrup. Add sugar, ginger, mixed spice and a pinch of salt and beat together. Mix bicarb with boiling water, and pour into mixture. Add flour and baking powder. Mix together until consistency is a soft biscuit dough. Divide dough into 4 to make four rolls on a well flavoured board. Roll each piece out to 1/2 cm, spread smooth apricot jam over dough, but stop 3 cm from all edges. Sprinkle some dates, nuts and sultanas on jam. Flap dough over on each side to form a roll. Place on greased baking pan. Paint with beaten egg and sprinkle with sugar. Bake at 180°C (350°F) for 30 minutes, until dark golden brown. Cut into slices while still warm.

Note:

1. Place only 2 rolls per baking sheet as dough expands.
2. If placed in a well sealed container, these ginger slices can last a long time.



PINYONATE (SEPHARDIC TEIGLACH)

4 eggs
125 gm blanched almonds toasted
1 tablespoon oil
Enough flour to form a soft dough +/- 300 gms
250 gm honey
1 kg golden syrup
500 ml water

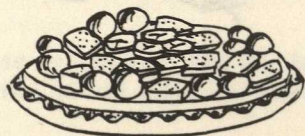
Beat eggs and oil. Add flour to form soft dough. Divide dough into several pieces and roll each piece into long ropes 10 cm across. Cut into 10 mm lengths. Make syrup by boiling together honey, syrup and water. Drop in all the pinyonate, a few at a time (to prevent temperature from dropping). Cover and simmer for 30 minutes shaking pan occasionally to prevent sticking. When the top layer has browned, carefully bring the bottom layer to the top. Cook until all pinyonate are golden. Remove from heat. Add 125 mls cold water and almonds store in a tin. To serve, form tiny clusters with tablespoons and serve on a biscuit dish with shiny lemon leaves.

NAARTJIE PEEL SWEET

Eaten by Sephardim on Rosh Hashana

6 naartjies
1 cup sugar
1/2 jar honey
1 cup water
Juice 2 oranges
1 tablespoon lemon juice
1 coffee cup toasted almonds or walnuts

Boil naartjie peel for 20 minutes. Throw water away and set aside in cold water for 3 days changing the water every day. Shred boiled naartjie peel. Boil sugar, honey, water and orange juice for 5 minutes. Then add lemon juice and continue boiling until syrup. Add naartjie peel and toasted almonds. Cool and bottle.



SHAMALI CAKE (SEPHARDIC SPECIALITY)

- 6 eggs beaten
- 1 Tablespoon melted butter/margarine
- 1 cup sugar
- 1 cup ground almonds
- 2 teaspoons baking powder
- 1 cup semolina

Beat eggs and butter. Mix remaining ingredients. When all mixed — grease large pyrex dish with butter and flour, add ingredients into dish and place into pre-heated oven 180°C (325°F) for 30 minutes (until golden brown).

SHAMALI SYRUP

- 2 cups water
- 2 cups sugar
- 2 Tablespoons Honey

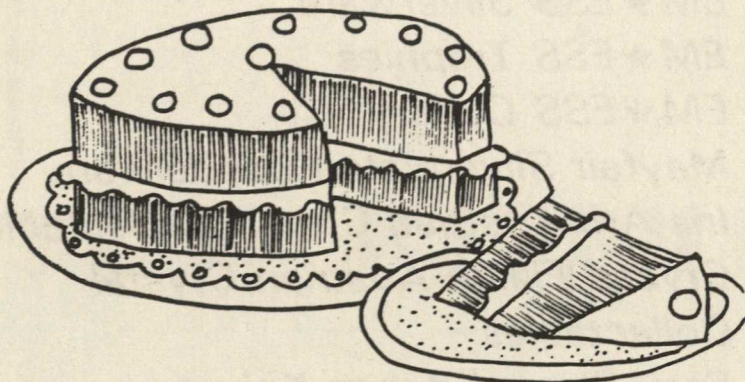
Bring to the boil until thickness desired.

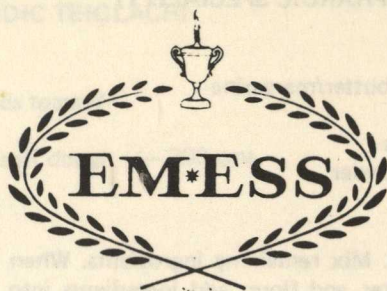
Now before pouring the syrup on the cake very important: **THE CAKE MUST BE COLD.** Then pour the hot syrup on.

OR THE CAKE MUST BE HOT, then put over the cold syrup.

ALSO before pouring syrup, cut the Shamali up into small portions.

To end, you can decorate the cake with roasted almonds without (skin) (white), one on each piece.





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YOM KIPPUR

The Day of Atonement is a fast day from sunset to sunset on the 10th Tishrei. Jews do not take a bite of food or drink one sip of water. They dress in white and spend the entire day in Synagogue. Fasting is undertaken according to the Torah injunction.

According to Jewish tradition, Hashem's judgement of man and his fate for the coming year is made on Rosh Hashana. The judgement is then sealed on Yom Kippur. Thus, the period between these 2 Holy Days is devoted to prayer, charity and repentance, as well as the examination of ones thoughts and deeds. All this is done to ensure a positive verdict.

Among the many important preparations for this Holy day is the seeking of forgiveness from ones fellow man, to right actual wrongs, or to soothe ill feeling that may have arisen during the past year.

The main preparations from the housewife's point of view are concerned with making two special meals; the one before the fast and the one eaten approximately 25 hours later, when the fast is ended.

In many families lunch on Erev Yom Kippur is a full meal as it is a special Mitzvah to feast the day before Yom Kippur. Before fasting, the ancient custom of Kaparat is performed. The ceremony consists of offering a rooster for a male and a hen for a female, in substitute for ones own life. Today we offer money instead of a fowl. The money is donated to charity.

On the eve of the fast, it is important to serve a meal that is sustaining without provoking thirst. Dinner is eaten before sundown. After dinner a Yarzeit candle is lit, in memory of departed members of the family. The mother lights the Yomtov candles and makes a benediction over them. The family then go to Synagogue for the Kol Nidre service.

After everyone has feasted after the fast, the initial preparations for the next joyous holiday, Succot are made.

MEAL BEFORE THE FAST

FISH STEAMED IN ITS OWN JUICES

- 500 gm fish fillets
- 3 Tablespoons margarine
- 2 Tablespoons lemon juice
- 1 Tablespoon finely chopped onion
- 1/2 teaspoon salt

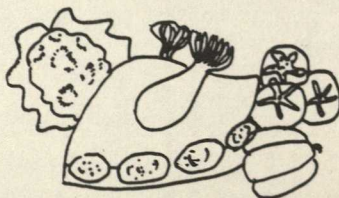
Clean fish and cut into serving portions. Sprinkle with salt on both sides. Grease a medium baking dish and arrange fish in it. Sprinkle fish with lemon juice and chopped onion. Dot the fish with pats of margarine. Cover the dish and put in 180°C (350°F) oven for 25 minutes until the fish flakes easily with a fork.

SIMMERED CHICKEN AND TASTY CHICKEN SOUP

A plump chicken simmered in rich broth and fresh vegetables creates 2 delicacies: A tasty soup with which to serve the kreplach and a main course of juicy tender chicken. The soup becomes stronger and better because of the whole chicken cooked in it; while the chicken absorbs all the goodness of the vegetables.

- 2 plump chickens
- 8 cups water
- 1 big onion
- 3 carrots
- 3 celery stalks
- 1 Tablespoon salt
- 10 parsley sprigs.

Clean the chickens and cut into quarters. Clean the giblets thoroughly. Clean the vegetables. Peel and quarter the carrots and onions. Put the water, chicken, giblets, vegetables and salt into a large deep pot. Bring to the boil then lower the heat and simmer covered for 2 hours or until the chicken is fork-tender. Check occasionally that water has not evaporated too much and if necessary add extra water. Cook the chicken in the soup. Skim some of the fat from the top of the soup. Transfer chicken portions to a serving plate. Reheat before serving.



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KREPLACH

When one "shlogs" ie hits, here it would be Kapporoth it is traditional to eat kreplach. (Other occasions are Hoshana Rabba when we "shlog" Hoshanot (the willow branches) and on Purim when we "shlog" Haman). There are a number of explanations as to why one eats kreplach; One is the three corners represent our Forefathers, Abraham, Israel and Jacob; Another is the pocket of meat represents a pocket of plenty. Kreplach originated in Eastern Europe. Peasants had little meat so they mixed what little they had with a flour dough to extend the portions of meat available.

DOUGH

2 cups flour

3 eggs

1 Tablespoon water

Make dough stiff enough to roll. Roll out thinly and cut into squares 4 cm². Put in a teaspoon of minced meat into the centre of each square. Press edges together to make a triangle, make sure edges are firmly sealed. Cook in salt water or soup for 1/4 hour.

MEAT FILLING

Mince together 500 gms top rib (one may use a food processor). Add a little soup and chicken fat. Make sure meat remains firm. Minced onion and boiled egg may be added. Season with a little salt and pepper.

SAVORY LOKSHEN KUGEL

Many families prefer this to kreplach.

100 gms egg noodles

1 large egg

4 level Tablespoons Schmaltz

2 level Tablespoons grebenes

Salt and pepper.

Boil water in a pot large enough to take the noodles. Add level Tablespoon salt and a drop of oil. When water begins to boil add lokshen noodles and allow to boil for 8 minutes. Place lokshen in a collander. Do not rinse under cold tap as starch on the outside of the lokshen helps to set the pudding. Allow lokshen to drain completely. Put the schmaltz into a casserole and leave in already heated oven for a few minutes 150°C (300°F). Meanwhile beat the egg, add grebenes, pinch of salt and pepper and the drained noodles. Take hot dish out of oven, swirl fat to coat the sides and pour excess onto mixture. Stir well. Spoon mixture into casserole. Bake 1 1/2 hours or until crispy on top and set within.

NB: Kugel can be cooked overnight at 100°C (200°F) but double the quantity so that dish will not be dry.

CHICKEN CASSEROLE

- 1 chicken (2 — 3 kg)
- 1 Tablespoon oil
- 1 large onion thinly sliced
- 1 carrot thinly sliced
- 2 soft tomatoes or 2 Tablespoons tomato pure é
- 1 bayleaf
- 2 level teaspoons flour
- 2 level teaspoons paprika
- 1 level teaspoon salt
- 1/2 teaspoon crushed black pepper
- 1 clove garlic
- 1 cup chicken soup or chicken stock from cube
- Optional green pepper or mushrooms.

Mix all the spices together and rub into the skin of the bird. In a heavy casserole fry onions until golden brown, Add remaining vegetables and stir over gentle heat. Place the chicken in the dish and sauté it in the hot fat until it turns pale gold. Pour stock on the side of the casserole. Cover and transfer to oven 180°C (350°F). After 15 minutes turn down to 170°C (325°F) and cook for 3 hours or until tender, basting occasionally.

POT ROAST CHICKEN

- 1 chicken cut into portions
- 2 grated onions
- 2 tomatoes

Season chicken lightly with salt. Place in pot. Add 2 sliced tomatoes and grated onions. Cover 3/4 of the chicken with water and simmer slowly. When water diminishes allow chicken to brown slightly but make sure onions to do not burn. Onion and tomatoes form a delicious thick gravy.

CHICKEN STEW

- Chicken that was used to make soup
- 1 onion
- 1 cup frozen carrots
- 1 cup frozen green beans

Fry sliced onion until golden brown. Debone chicken and cut into bite size pieces. Add to fried onions together with 1 cup soup. Add in frozen vegetables and allow to simmer +/- 1/2 hour. Thicken with maizena or a cube of mushroom soup.

DESSERTS

FRUIT COMPOTE

Can be prepared a day before.

750gm mixed dried fruit
6 cups water
2 tablespoons lemon juice
1/2 cup sugar

Soak the dried fruit in water for 2 hours. Bring to a boil. Add sugar and lemon juice. Lower heat and cover pot. Cook for 45 minutes or until tender. Chill and serve cold.

CITRUS FRUIT SALAD

4 large oranges
Juice of 1 lemon
100 gms sugar (optional)
3 firm ripe banas
Papino or small pawpaw

Peel the oranges with a sharp knife, removing all pith. Divide into sections cutting between the pith sections to free the fruit. Collect all juice from oranges, add lemon juice and sugar. Stir over gentle heat until dissolved. Peel and slice bananas and pawpaw and add to oranges. Pour cooled syrup over fruit.

APPLE PIE

250 gms margarine
1 cup sugar
1 Tablespoon oil
2 egg whites stiffly beaten
2 egg yolks + 2 egg yolks
1 teaspoon vanilla
Pinch salt
4 cups flour — enough to make soft dough
3 teaspoons baking powder
1 tin pie apples
2 tablespoons sugar
mixed with 1/2 teaspoon cinnamon

Cream butter and sugar, then add oil. Add 4 egg yolks. Then add egg whites, flavouring and salt. Add flour and baking powder. Dough should be soft. Roll dough to medium thickness and place in greased ovenproof dish. Mix pie apples with cinnamon and sugar and place in dish. Bake 25 — 30 minutes at 230°C (450°F). Fresh grated apples may also be used.

MEAL AFTER THE FAST

MOHN KICHLACH

Approximately 1 1/4 cup sifted flour
2 Tablespoons sugar
1/4 teaspoon salt
3 eggs
1/2 cup oil
1/4 cup poppy seed

Mix and sift dry ingredients. Make a well in the centre and add eggs, oil and poppy seed, gradually beating with a fork until blended into a smooth mixture. Drop by teaspoonful onto greased baking sheets, allowing 5 cm between cookies for spreading. Bake at approximately 160°C (325°F) for 20 minutes.

Yield — 40 kichel

EGG KICHLACH

2 scant cups sifted flour
3/4 teaspoon baking powder
3/4 teaspoon salt
3 eggs beaten

Mix and sift flour, baking powder and salt. Add eggs and knead well, about 5 minutes. Roll out on a floured board about .5 mm thick and sprinkle with sugar. Prick all over with a fork. Cut into diamonds or rectangles about 9 cms long. Bake on lightly floured cookie sheets at approximately 180°C (350°F) or until lightly browned about 1/2 hour.

Yield — approximately 50 kichel

KICHEL

6 eggs — remove 3 whites
1/4 cup sugar
1/2 cup oil
Pinch salt
2 teaspoon baking powder
2 1/2 cups flour

Beat eggs together with sugar. Add oil and dry ingredients. Roll dough out very thinly. Paint with oil and sprinkle with sugar. Cut into diamond shapes. Bake on inverted side of mesh cake rack at 180°C (375°F) until golden.

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DROP KICHLACH

- 3 eggs
- 1 Tablespoon sugar
- 1/2 cup oil
- 1 cup sifted flour

Beat eggs together with oil, sugar and flour for about 20 minutes. Drop by teaspoonfuls onto a greased cookie sheet, allowing 5 cm between cookies for spreading. Bake at approximately 170°C (325°F) for 15 – 20 minutes.

Yield – approximately 24 kichel.

BAGELS

- 3 cups flour
- 1 1/2 teaspoon salt
- 2 Tablespoons sugar
- 30 gms yeast
- 2/3 cup lukewarm water
- 3 tablespoons salad oil
- 1 egg
- 4 litres boiling water + 2 tablespoons sugar

Sift dry ingredients together into deep mixing bowl. Dissolve yeast in 1/3 of the luke warm water. Add oil to the remaining 1/3 of warm water and stir into dissolved yeast. Make a well in the centre of the flour mixture and stir in the liquid, adding slightly beaten egg. When 1/2 the liquid has been used, stir briskly to form a ball of dough and knead on a lightly floured board for 2 minutes. Return dough to mixing bowl, smooth side up and punch down 3 times. Cover and allow to rise at room temperature for 15 – 20 minutes or until dough has come to top of bowl. Knead again on board until smooth and elastic. Divide dough into 12 equal portions. Form into lengths not more than 2 cms thick, punch ends together. Place on floured baking sheet and slip under grill for 3 minutes. Drop each bage! into rapidly boiling water in a deep pot. Cook over moderate heat for 15 – 20 minutes. Skim out and place on baking sheet. Bake at 180°C (375°F) for 10 minutes. Increase to 200°C (400°F) for 5 – 6 minutes or until bagels are browned and crust golden brown and crisp +/- 15 minutes.

Yield – 12

Variation: Sprinkle bagel with poppy seed, sesame seed or grated cheddar cheese.

FRIDGE BULKES WITH OIL

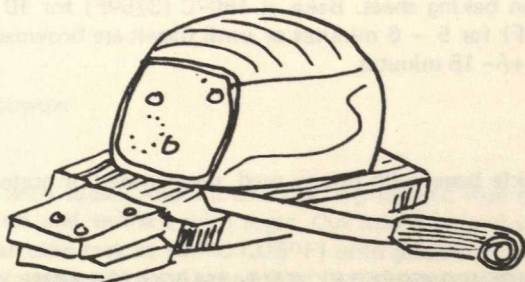
- 6 heaped cups flour
- 1 cup sugar
- 1/2 cup oil
- 3 eggs
- 1 teaspoon salt
- 2 yeast cakes
- 2 1/2 cups milk and water (lukewarm)

Crumb yeast into 1 cup lukewarm water and mix well. Allow to bubble. Sift flour, add salt, sugar and beaten eggs, oil and all liquids, finally add yeast mixture. Mix well. Cover dish and let dough rise. When it has risen to top of pot cover with cloth and put in fridge for an hour or two. Knead dough well and shape into desired form. Allow to rise again. Sprinkle with cinnamon and sugar. Dough may be filled with grated apples or cream cheese. Brush top with beaten egg and bake 180°C (350°F) until done.

PARAVA BULKES

- 1 cake yeast (20 gm)
- 1/2 glass warm water
- 3 eggs
- 1/2 cup oil
- 1/2 cup sugar
- 1/2 cup orange juice

Dissolve yeast in warm water. Mix eggs with oil. Add sugar and orange juice. Add enough flour to make a soft dough. Place in slightly greased bowl and allow to stand till dough doubles in size. Knead down and form into required shapes. Let it rise again. Paint with beaten egg. Bake at 180°C (350°F) till done, about 15 minutes.



HERRINGS & FISH

DANISH

- 6 herrings, cleaned, filleted and soaked 12 hours
- 1 cup sugar
- 1/2 cup oil
- 1 cup brown sugar
- 1 cup diced apples
- 1 cup diced onions
- 1 teaspoon mustard powder
- 1 cup tomato purée

Mix together all ingredients except herring. Cut up herring into bite size pieces. Pour sauce over herring and allow to stand in fridge for a few days before serving.

MUSTARD HERRING

- 6 herring, cleaned, filleted and soaked for 12 hours
- 1 cup vinegar
- 2 onions sliced
- 1/2 cup sugar
- 8 peppercorns
- 3 bayleaves
- 2 eggs
- 1 teaspoon mustard powder

Boil together vinegar and sugar, peppercorns and bayleaves. Allow to cool. Beat 2 eggs well with 1/2 cup sugar and mustard. Add slowly to vinegar mixture. Cool until it thickens. While hot pour over onions. When mixture completely cool add herring and sieved milche of herrings. Allow to stand for a day or two before serving.

PICKLED HERRING

- 4 herring cleaned and soaked in cold water for 24 hours
- 2 onions sliced
- Pinch black pepper
- 2 bayleaves
- 1/2 tablespoon sugar (6 ml)
- 1/2 cup vinegar
- 8 Allspice

Cut herrings into slices and put into layers in dish with sliced onion, pepper, bayleaves and allspice. Mix sugar with vinegar and pour over herring. Leave for a few days to pickle.

HERRING SALAD

- 2 herrings cleaned and soaked
- 3 beetroots chopped
- 2 green apples cut up in cubes
- 1/2 cup chopped nuts (walnuts, pecan)
- 1 onion chopped
- 1/4 cup sour cream

Mix all ingredients together, add cream just before serving.

HERRING WITH SMETNA (Sour Cream)

- 6 herrings
- 1/2 cup vinegar
- 2 onions, thinly sliced
- 3 bay leaves
- 1 teaspoon peppercorns
- 1/2 cup kosher dry white wine
- 2 Tablespoons sugar
- 1 cup sour cream

Clean and soak herrings overnight. Soak roes separately for 12 hours. Bring vinegar to the boil with onions, bay leaves and peppercorns. Add wine and heat but do not boil. Sieve the roes and mix with sugar and sour cream, add to the onion mixture. Fillet the herrings and cut into pieces. Place in a jar with the sauce. Marinate for a day or two before serving.

BAKED HERRING

- 1/2 cup brown vinegar
- 1/2 cup sultanas
- 2 bay leaves
- 4 peppercorns
- 2 Tablespoons syrup
- 1 stick cinnamon
- 4 Allspice
- 3 herrings
- 6 medium onions, sliced

Soak herrings in cold water for 12 hours, changing water occasionally. Pour boiling water over onions, bring to a boil and drain. Skin, bone and cut herring into serving pieces. Place slices in a baking dish, cover with sliced onions in a pot, boil up vinegar, syrup, spices and sultanas. Bake in moderate oven 180°C (350°F) for 20 minutes or until onions are lightly browned. Pour over herring. Serve with baked potatoes.

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CHOPPED HERRING

- 2 — 4 herrings, cleaned, filleted and soaked for 18 hours.
- 5 hard boiled eggs
- 1/2 onion
- 4 medium hard green apples (Grannysmith)
- 1 slice of bread

Mince all ingredients together. Add 1/2 cup sugar and 2 tablespoons vinegar. Decorate with chopped eggs.

SNOEK PATÉ

- 500 gms deboned snoek
- 1 small onion (optional)
- 1/2 teaspoon pepper
- 125 gms butter or margarine
- 1 — 2 tablespoons mayonnaise

Place all ingredients or processor and mix together until paté is formed.

GEFILTE FISH IN LEMON SAUCE

Use your favourite Gefilte fish recipe but set aside the fish gravy.

- 8 eggs
- 8 lemons

Beat eggs well add in omit juice of 8 lemons. Continue beating with a fork. Pour a little (+/- 1/2 cup) fish gravy into mixture and stir well. Pour into pot and allow to simmer over low heat. Stir until gravy thickens. It may be necessary to add more fish gravy. Add salt and sugar to mixture to your own taste. Strain and pour over fish while mixture is still hot.

MOCK CRAYFISH

1 kg firm white fish

Fish bones

1 onion

1 carrot

Mayonnaise

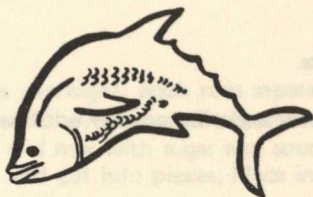
Tomato sauce

Tabasco sauce

Prepare fish stock by boiling bones, onion and carrot together. Strain stock and add fish to strained liquid. Allow to boil for 8 – 10 minutes. Remove fish from pot and allow to cool. Flake when cool.

Sauce:

Add equal quantities of tomato sauce and mayonnaise. Add tabasco, worcester sauce and vinegar to taste.



AVOCADO MOULD

Delicious served with mock crayfish

1 dessertspoon kosher gelatine

1/4 cup cold water

1 cup mayonnaise

1/2 cup boiling water

3 large avocados, mashed

3 Tablespoons lemon juice

1 cup Orley whip (if milchik use 1 cup cream and 125 gms cream cheese)

1/2 cup chopped celery

1 small onion grated

1 teaspoon sugar

Salt and pepper

Dissolve gelatine in cold water. Add boiling water to sugar and stir until all gelatine is dissolved completely. Mix all ingredients together and add gelatine to set. Place in oiled or greased mould.

FRIED FISH

1 kg hake cut into strips or fingers

Batter:

1 cup flour

2 teaspoons baking powder

2 Tablespoons vinegar

1 Tablespoon paprika

+/- 1 cup water

1 egg

Salt and pepper

Combine all batter ingredients and beat well. Heat oil in frying pan. Dip fish into batter and drop into oil. When golden and crisp remove and place on brown paper or other towel to drain.

OVEN-FRIED FISH

1 cup bread crumbs

1 teaspoon salt

Dash pepper

1 clove of crushed garlic

1 egg

2 tablespoons water

500 gms sole fillets

1/3 cup melted butter or margarine.

Mix bread crumbs and season. Place in flat dish. Beat egg with water. Place in another flat dish. Dip fish fillets in egg, then crumbs. Place on a greased baking tray. Drizzle with melted butter. Bake at 230°C (450°F) for 12 – 15 minutes until crispy.



DESSERT

CARAMEL FRIDGE CAKE

- 1 tin condensed milk
- 2 cups cream
- 200 gms peppermint crisp chocolate
- 1 packet tennis biscuits

Boil condensed milk in closed tin for 3 hours to make caramel. Whip cream very thick. Crush peppermint crisp and mix with cream. Line pyrex dish with tennis biscuits. Put layer of caramel, cream mixture biscuits. Repeat layers once more. Sprinkle crushed biscuits on top and refrigerate.

WHITE CHOCOLATE MOUSSE

- 1 packet Nutticrost biscuits, crushed
- 100 gms melted butter

Mix together and press into a greased springform tin

Mousse:

- 400 gms white chocolate
- 3 cups cream
- 7 eggs separated
- 3/4 cup sugar
- Pinch salt
- 1/2 cup boiling water

Melt chocolate over double boiler and add water. Mix until smooth and allow to cool. Add egg yolks one at a time and stir well after each addition. Beat egg whites until stiff adding sugar gradually, until firm. Whip cream until it holds its shape but not stiff. Fold egg whites and cream into completely cooled chocolate and pour over crust. Leave in freezer to set for 1 hour.

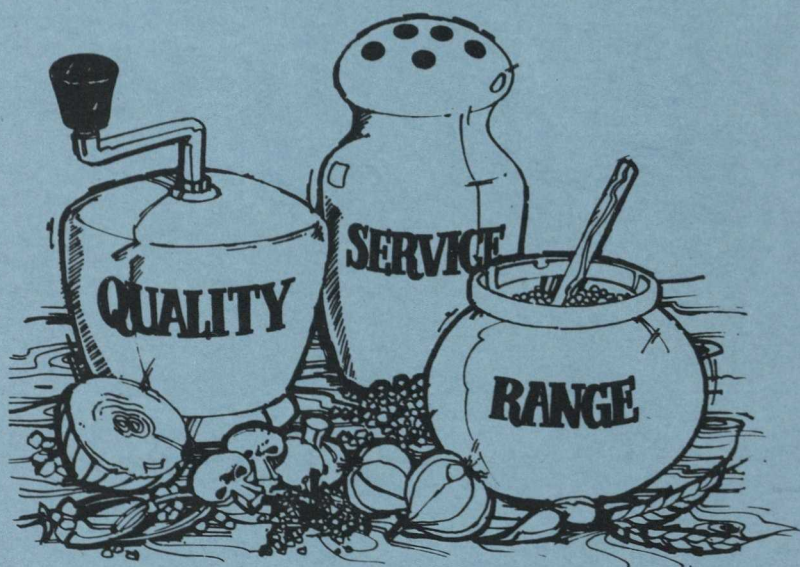
CREAM CARAMEL

- 1 litre milk
- 1 1/2 cups sugar
- 6 eggs
- 1 teaspoon vanilla essence

Boil milk in double boiler until creamy, but not boiling. In a saucepan place 1 cup sugar. Allow it to dissolve but not burn. Pour caramel into an ovenproof dish large enough to take the quantity of milk. In a mixer, beat 6 eggs, add scalded milk, vanilla essence and 1/2 cup sugar. Pour this over hardened caramel. Place dish in a basin of water and place in oven. Bake at 165°C (325°F) for 45 minutes or until brown. Leave pudding to set for 24 hours. Turn onto dish and serve.



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SUCCOT

Feast of Booths, begins on 15th Tishrei. This 7 day festival is one of the three Pilgrim Festivals (Shalosh Regalim). During these festivals, all Jewish males over the age of 13, were commanded to celebrate the festivities at the Holy Temple. Succot marked the end of the grain harvest in Israel. At no other time was Jerusalem so crowded with pilgrims, more so than at the other Pilgrim festivals of Pesach and Shavuot.

The Sukkah is symbolic of the children of Israel's desert wanderings as well as the booths in which the Jewish farmers lived during the harvest season in Palestine. Today the building of a Succah is a family affair. Fruit is hung from the Schach (branches). Branches used may be palm, which last well, blue gum leaves which give a lovely fragrance, willow branches or whatever one has available. Children and adults take delight in decorating the inside walls of the Succah. All meals are eaten in the succah and some people even sleep in it. Jews were also commanded to take 4 spices the etrog (citron), lulav (palm), hadas (myrtle), arava (willow). The four species have many meanings, one of which is —

Etrog — has both smell and taste, like people who have beauty and character

Lulav — has no smell, but has taste, like people who have beauty but no character

Hadas — has smell but no taste, like people who have character but no beauty

Arava — has neither taste nor smell, like people who lack both qualities.

The Etrog, which has a refreshing taste may also be likened to the Torah, and the Jew who constantly learns. Its fragrance may be likened to good deeds. The Lulav, Hadas have these qualities in varying form, while the Arava has none. Despite their differences, the Torah instructs that we should take these four and bind them together, for they complement each other. In the same way the Jewish Nation is one unit, but consisting of various parts.

To symbolize the richness of the harvest, stuffed foods of all kinds are served, both savoury and sweet. They may include stuffed cabbage, tomatoes, eggplant, etc. Strudel is a popular dessert as is baked apples.

HORS D'OEUVRES

STUFFED TOMATO SALADS

TO PREPARE TOMATOES FOR STUFFING

Select medium-sized smooth tomatoes

Scald, remove skins

Cut a slip from top and remove some of the pulp

Sprinkle inside with salt, invert and let stand for 30 minutes to chill.

Fill with stuffing, serve on salad greens

Avocado Stuffing:

Mix diced avocado with table celery. Moisten with French dressing.

Cabbage Stuffing:

Mix 1 1/2 cups shredded cabbage, 1/4 teaspoon caraway seed, 1/4 teaspoon salt and 2 tablespoons French dressing.

Chicken Stuffing:

Mix diced cooked chicken, diced cucumber, chopped tomato pulp. Moisten with mayonnaise.

Cottage Cheese and Chives:

Mix cheese and chopped chives. Stuff tomatoes. Top with a spoonful of desired dressing and stuffed olives.

Pineapple Cheese Stuffing:

Combine finely chopped fresh or canned pineapple, tomato pulp, cream cheese and minced water cress. Moisten with mayonnaise.

Other suggested stuffings:

Waldorf salad, egg salad, tuna fish or any meat salad.

STUFFED EGGS

6 hard boiled extra large eggs

1/2 cup mayonnaise

1 teaspoon mustard powder

2 Tablespoons tomato sauce

Pinch salt and pepper

Cut eggs in half. Remove yolks and mash with other ingredients. Fill icing nozzle with stuffing and pipe into white halves.

STUFFED TOMATOES

6 large tomatoes which are firm to the touch
25 gms oil
1 medium onion finely chopped
1 small clove of garlic, crushed
3 heaped Tablespoons fresh breadcrumbs
Salt and pepper
1 level teaspoon each of chopped parsley, oregano and basil
Pinch sugar

Cut a "lid" off the tomatoes at the stem end, and scoop out the flesh. Sprinkle the insides with salt and pepper and turn upside out on a paper towel to drain. Heat oil and fry onions until glazed but not brown. Add garlic followed by the tomato pulp and cook until the tomato is soft. Add the breadcrumbs mixed with herbs and seasoning. Taste mixture. It should be highly seasoned and herby. Arrange tomatoes on a greased tin. Fill lightly with stuffing (don't pack it in). Cover with tomato lid. Bake in a moderate oven 180°C (350°F) for 25 minutes or until tender.
Serves 6

YALANGI YAPRAK (SEPHARDIC STUFFED VINE LEAVES)

1 cup rice
2 medium onions
2 medium tomatoes
Pinch of salt
7 Tablespoons oil
chopped parsley
Juice 1 1/2 lemons
1 tin vine leaves

Mince onions and simmer in 4 tablespoons oil. Add rice, salt, pepper, skinned and chopped tomatoes and 1 cup water. When nearly cooked add lemon juice and parsley. Remove from stove and leave to cool. Shape Yalangi by taking 1 vine leaf, open on a plate and fill with 1 teaspoon of mixture, fold and roll firmly. Arrange salted leaves in a flat saucepan, cover them with juice of lemon, 3 tablespoons oil and 2 cups water added a little at a time. Cover the whole with a plate and allow to cool over a low heat until all the water is consumed. This dish is served as a cold vegetable.

SOUPS

QUICK ONION SOUP

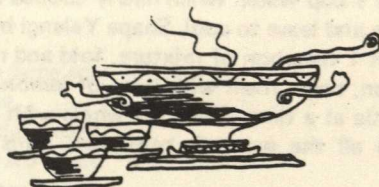
6 onions finely sliced
3 cubes chicken soup
1 teaspoon salt
2 Tablespoons oil
2 Tablespoons flour
1/2 teaspoon black pepper
1 cup sherry or wine
Thyme and mustard powder to taste

Fry onions in oil until golden brown. Add seasoning. Add flour to thicken. Slowly add chicken soup and sherry. Stir well. Cook until all blended. Toast a slice of French bread and pour soup over bread in soup bowl.

CHILLED AVOCADO SOUP

2 ripe avocados
375 ml vegetable stock
250 ml cream
1 tablespoon lemon juice
Salt
Fresh ground black pepper
Chopped parsley

Blend avocados and stock. Add cream, lemon juice and seasoning. Chill in fridge. Sprinkle with parsley.

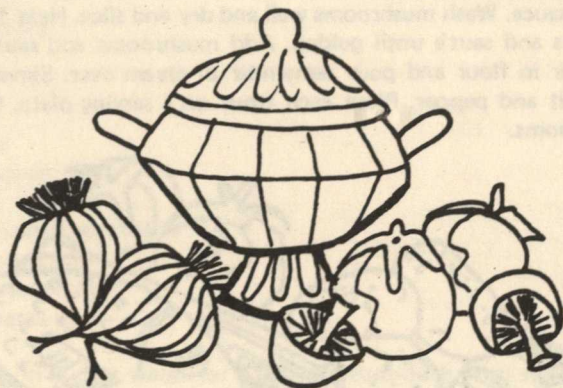


BEAN AND BARLEY SOUP

1 litre water
1/2 cup butter beans
1/2 cup barley
3 carrots grated
1 potato diced
1 stalk celery diced
salt and pepper
1.5 kg chuck (optional)

Combine water and beans in a large pot and boil for 1 hour. Add remaining ingredients skim. Cook for another 2 hours or until meat is tender.
Remove meat.

Serves 8



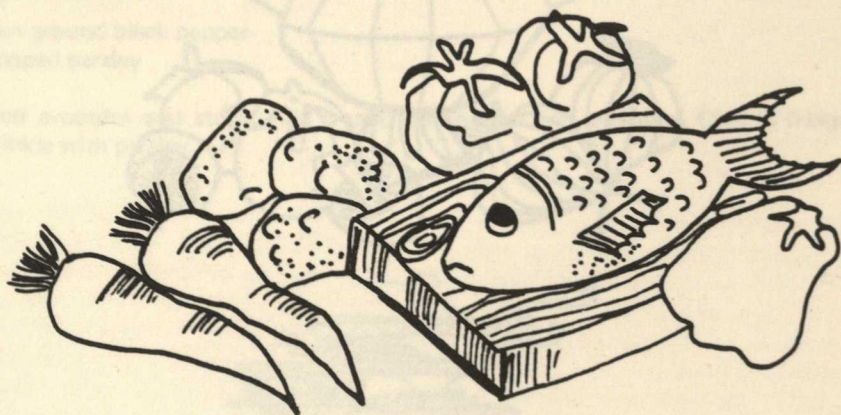
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MAIN COURSE — FISH

STUFFED TROUT WITH MUSHROOM SAUCE

6 trout or 6 soles
1 tin salmon 250 gm
1 box frozen spinach
250 gms butter
500 gms button mushrooms sliced
1 Tablespoon flour
1 cup sweet cream
2 Tablespoon sherry
2 teaspoons salt
Dash pepper
1 diced onion

Wash fish and sprinkle with salt and peper. Melt 250 gms butter in a pan and sauté fish until golden brown. Cool. When fish is cold, carefully slit down side and remove centre bone. Cook spinach in salt water for 10 minutes. Drain and leave in medium oven for 5 minutes to dry out. Mash well with a fork. Drain the salmon and mash well. Add spinach. Add 1 teaspoon salt, pepper and 1/4 cup cream. Mix until smooth. Carefully stuff each trout with the mixture. Keep warm. Prepare mushroom sauce. Wash mushrooms well and dry and slice. Heat 125 gm butter, add diced onions and sauté until golden. Add mushrooms and sauté until soft +/- 8 minutes. Stir in flour and pour remainder of cream over. Simmer. Add sherry, 1 teaspoon salt and pepper. Place each trout on a serving plate. Cover whole trout with mushrooms.



POULTRY

STUFFING FOR POULTRY

- 1 Tablespoon schmaltz
- 2 cups breadcrumbs or matza meal
- Salt and pepper
- 1 Tablespoon chopped parsley
- 1 well beaten egg
- 1 small onion chopped

Mix all together on the stove for a few minutes. This may be used as a poultry stuffing or served separately with the meat course.

ROAST DUCK WITH APPLE STUFFING

- 1 young duck with giblets
- 1 cup orange juice
- Dash ginger
- Dash pepper
- 3 cups water
- Orange segments
- teaspoon salt
- 1/2 teaspoon paprika

Stuffing:

- 3 apples grated
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 2 teaspoon sugar
- 4 Tablespoons crushed cornflakes
- 4 Tablespoons rolled oats
- 4 Tablespoons breadcrumbs
- 2 Tablespoons matza meal

Cook the giblets in 3 cups water for 1/2 hour. Rub duck with seasoning. Prepare stuffing by combining all ingredients with stock from giblets until a fairly stiff consistency. Stuff duck. Place in a roasting pan. Brush with orange juice and cook in 200°C (400°F) oven until brown. Remove from pan and place orange segments under wings and inside duck. Brush with orange juice. Wrap duck in foil and roast at 180°C (350°F) until tender.

Prepare sauce:

Boil thinly sliced orange peel in 1 cup water with 1 dessertspoon sugar. Melt 2 tablespoons schmaltz. Carefully stir in 2 tablespoons flour. Add orange peel and orange segments from duck. Boil together, strain and serve hot.

MEAT

STUFFED VEAL SCHNITZELS

12 schnitzels
Salt and pepper
2 onions chopped
2 cloves garlic crushed
1 Tablespoon green peppers chopped
1 dessertspoon curry powder 6 ml
2 Tablespoons seasoned breadcrumbs
1/2 teaspoon ginger
1 small tin tomato juice
1 teaspoon brown sugar
Juice of 1/2 lemon
10mls brown sugar
1 small tin sliced mushrooms

Season meat with salt and pepper. Fry onions and green pepper until soft. Add garlic and curry powder, breadcrumbs, ginger, lemon juice, sugar and mushrooms. Fill schnitzel with stuffing, roll and close with a toothpick. Roll meat in flour and fry in oil. Mix tomato juice with brown sugar and pour over meat. Bake at 180°C (350°F) for 1/2 hour uncovered.

STUFFED SHOULDER OF VEAL

2 – 2 1/2 kg shoulder of veal, boned
2 cloves garlic
Salt and pepper
2 Tablespoons fresh breadcrumbs
2 Tablespoons chopped parsley
3/4 cup seedless raisins
1 teaspoon grated orange rind
2 Tablespoons oil
1 medium onion, finely chopped
2 Tablespoons chopped walnuts
1 beaten egg
A little orange juice

Rub meat with cut garlic cloves. Sprinkle inside and out with salt and pepper. Heat oil and fry onions until golden. Add walnuts and allow to colour. Cool slightly and add to the dry ingredients. Season well and bind with beaten egg and a little orange juice. Stuff veal and sew up with fine string. Place in a roasting pan and roast at 150°C (300°F) allowing 25 minutes per 1/2 kilo. Baste frequently. Remove thread before serving. Garnish with orange slices.

SWEET AND SOUR CABBAGE BLINTZES

- 1 cabbage
- 1 beetroot
- 1 apple
- 2 medium carrots
- Lemon juice
- Sugar
- 500 gms minced meat
- 2 eggs
- 2 onions chopped
- 1 potato

Boil several outer leaves of cabbage uncut for a few minutes until soft in salt water. Prepare mincemeat with egg, onion, raw potato and seasoning. Place about 1 tablespoon of meat in centre of each leaf and fold as blintzes. Place in roasting pan and cover with following mixture:

- Grated beetroot
- Shredded centre of cabbage
- 1 grated green apple
- 2 grated carrots
- Sliced tomatoes
- Seasoning.

Roast in oven with sufficient water until tender.

EGG PLANT DOLMAS

- 1 Tablespoon parsley, chopped
- 1 Tablespoon tomato purée
- 6 medium eggplant, long thin variety – use GILL quality vegetables
- 500 gms mince meat
- 2 Tablespoons rice
- 1 onion chopped
- 2 tomatoes – skinned, deseeded and chopped
- 3 Tablespoons olive oil
- Salt and pepper

Cut peeled egg plant in half and stand in salt water for 10 minutes. Dry well. Scoop out pulp leaving shell 1 cm thick. Mix rice with meat, and stuff egg plant. Place in shallow pan to which chopped onion, 2 diced egg plants, tomato and oil have been added. Cook until rice is tender, gradually adding water. This is served in its own gravy. Brown in medium oven 180°C (350°F) for 1 hour.

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STUFFED BREAST OF LAMB

1 deboned breast of lamb
Seasoning salt
2 cloves garlic chopped
2 1/2 frankfurters
1 small onion
10 mls parsley
20 gms fresh breadcrumbs or matza meal
1 Tablespoon schmaltz
Beef stock
Salt and pepper.

Rub meat outside with seasoning. Skin frankfurters and mince with onion, parsley and breadcrumbs (can use processor). Add schmaltz and enough stock to make it moist enough to bind. Spread stuffing on meat on the inside. Roll up and sew edges together. Roast at 180°C (375°F) for about 2 hours or until tender.

STUFFED GREEN PEPPERS

6 green peppers — GILI quality vegetables

Stuffing:

50 gms oil
1 onion, chopped
250 ml sliced mushrooms
4 tomatoes, skinned and diced
375 ml cooked brown rice
Salt and pepper
Dried thyme
Boiling water
1 beef cube
Chopped parsley to garnish

Preheat oven to 180°C (350°F). Cut a slice from stem of each pepper. Scoop out seeds and core. Parboil in water for 5 minutes, drain and refresh under cold water, set aside. Heat oil in saucepan. Sauté onion, add mushrooms and stir-fry 2 minutes. Add tomatoes and rice and season to taste with salt, pepper and thyme. Stuff peppers with mixture and place in buttered ovenproof dish. Dissolve beef cube in boiling water and carefully spoon stock over stuffed peppers. Cook for 20 minutes, basting frequently.

Serves six.

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SEPHARDIC MEAT PIES (PASTELICOS)

Dough:

- 1 1/2 cups water
- 2 coffee cup oil (350 ml)
- 1 teaspoon salt
- Pinch bicarbonate soda
- Flour

Boil water and oil. Remove from heat and add bicarb and enough flour to make firm dough. Form 2/3 dough into ping pong ball size, the rest into small balls.

Meat Filling:

- 1 large onion
- 2 Tablespoons oil
- 3 peeled tomatoes
- 500 gms mince meat
- 1/2 cup washed uncooked rice
- Salt, pepper
- 1 Tablespoon chopped parsley

Chop onion and fry in 2 tablespoons oil until golden. Add peeled chopped tomatoes, minced meat, rice and seasoning. Simmer slowly until all the water has been absorbed. Add chopped parsley and cool. Form dough balls into shape of patties, and fill with meat. Form smaller balls into flat lids and cover and filled patties. Seal edges carefully and serrate edge. Place in well oiled tray and bake at 220°C (425°F) until golden brown — 40 minutes.

Makes 40 pies.



DESSERTS

NUTTY BAKED APPLE

- 6 medium even sized cooking apples
- 6 Tablespoons apricot jam
- 1 egg white
- 4 Tablespoons cornflake crumbs
- 4 Tablespoons soft brown sugar
- 4 Tablespoons chopped walnuts
- 4 Tablespoons sugar

Peel and core apples. Mix together cornflakes, brown sugar and walnuts. Beat egg white until frothy. Dip each apple first into egg white then into crumb mixture. Stand each coated apple in a baking dish and put 2 teaspoon apricot jam into each core cavity. Pour round water to come to a depth of 1 cm. Scatter round 4 table-spoons sugar. Bake at 180°C (350°F) for 1 hour or until apples are tender. Serve warm or cold with or without cream.

ROSKA (Favourite Sephardic bread eaten at breakfast)

- 3 cake yeast
 - 1 teaspoon sugar
 - Pinch salt
 - 1 cup warm water
 - 3 Tablespoons flour
- Mix together to become frothy

Dough:

- 6 eggs
 - 1 cup sugar
 - 1 cup oil
 - 1 1/2 cup hot water
- Ground cinnamon

Beat eggs and sugar. Add oil and water, stir well. Add yeast and enough flour to make firm dough. Knead as for bread — allow to stand in a warm place to rise (depends on warmth of day). When ready shape into small rolls. Leave to rise again. Brush with beaten egg, sprinkle with sesame seeds and brush again with egg. Bake at 180°C (350°F) for 30 minutes.

APPLE STRUDEL

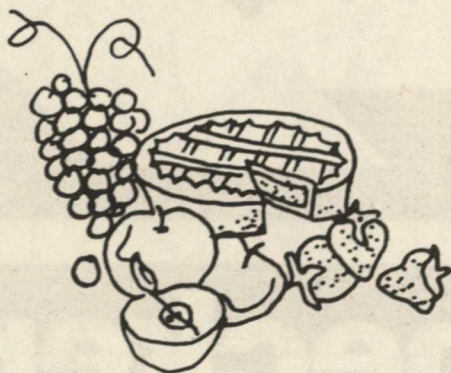
Dough:

- 2 1/2 cups flour
- 1 teaspoon salt
- 2 Tablespoons oil
- 2 eggs
- 5 Tablespoons lukewarm water

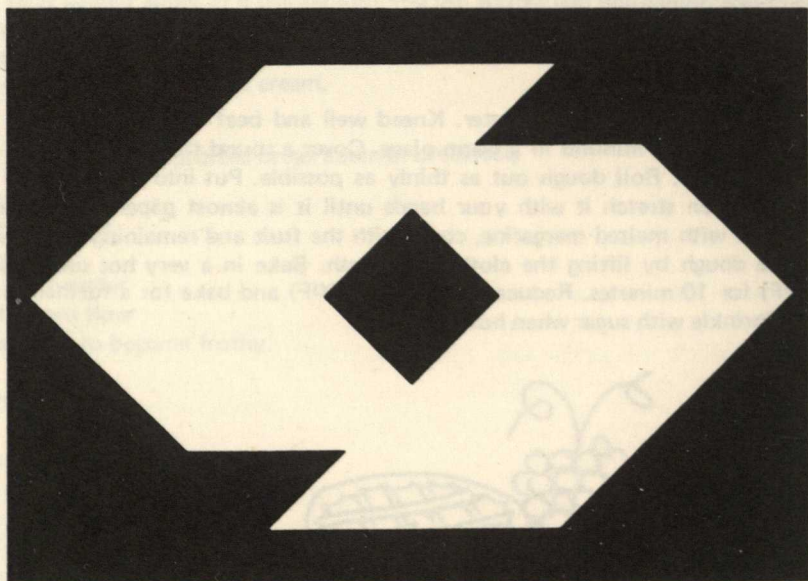
Filling:

- 1,5 kg sliced apples
- 50 gms margarine
- 1 1/2 cups sugar
- 4 Tablespoons raisins
- 4 Tablespoons chopped almonds
- Rind of one orange and one lemon
- Cinnamon or allspice
- Sugar for sprinkling

Mix flour, salt, oil, eggs and water. Knead well and beat with a rolling pin. Let dough rest for 10 minutes in a warm place. Cover a round table with a cloth and dust with flour. Roll dough out as thinly as possible. Put into the centre of the table and then stretch it with your hands until it is almost paper thin. Sprinkle the dough with melted margarine, cover with the fruit and remaining ingredients. Roll the dough by lifting the cloth underneath. Bake in a very hot oven 230°C (450°F) for 10 minutes. Reduce to 180°C (350°F) and bake for a further 45 minutes. Sprinkle with sugar when hot.



**Take another look
Kyk weer**

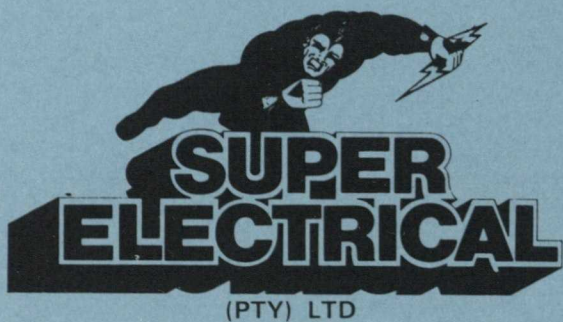


Checkers

SHEMINI ATZERET SIMCHAT TORAH



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SHEMINI ATZERET AND SIMCHAT TORAH

The eighth day of Succot is in the nature of a separate festival. Eating in the Succah is not obligatory, although commonly observed. The Lulav and Etrog are not used and there is no procession in the Synagogue. A more serious mood prevails, partly due to the Yizkor (memorial) service before Musaf. An important feature of the morning service is the Prayer for Rain. The meal at home is festive and the afternoon is spent in visiting and receiving friends and relatives.

The last day of Succot is the jolliest. Originally it was the second day of Shemini Atzeret, but in time became a new festival, Simchat Torah. This festival celebrates the completion of the reading of the Law and its new beginning.

This has always been a source of great happiness and the holiday differs from most others in the joviality. Most of the festivities occur in the Synagogue. The Scrolls of Torah are taken out of their usual place and carried around the Hakafoth while people sing and dance with them. There is much drinking and merry making. The children join the fun, singing and dancing with their fathers and waving little flags.

Special dishes associated with this festival are Holishkes which is stuffed cabbage in sweet/sour tomato sauce in the Rumanian tradition. According to geographical location this dish may also be called Galuptz or Praakes. This dish is a typically Easter European dish and is popular at this time of the year when the weather begins to get colder.

However, in South Africa, the festival heralds in the summer and South African housewives make use of the local seasonal foods, eg fresh asparagus and artichokes. Since the weather is beginning to get warmer, cold meats and salads are very popular.

STARTERS

STUFFED ARTICHOKE WITH AVOCADO

4 – 6 medium fresh artichokes.

Cut off top portion of plant so that it appears flat. Boil in salted water for 1 hour or until tender. When cooked place on serving dish.

Sauce:

1/2 cup avocado

2 teaspoons lemon juice

1/4 onion 1 teaspoon prepared mustard

1 teaspoon sugar

6 Tablespoons mayonnaise

Blend all ingredients together and add more mayonnaise if necessary. Place a tablespoon of sauce on flat cut part of artichoke and serve. Artichoke itself may be served either hot or cold.

ARTICHOKE PATÉ

2 tins artichoke hearts

100 gms cream cheese

150 ml cream

1 clove garlic

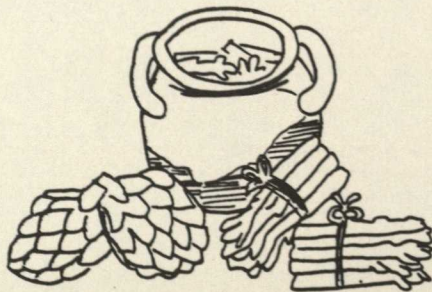
100 gms butter

80 ml olive oil

Salt and black pepper

Lemon juice

Drain artichoke hearts. Place in blender with melted butter and crushed garlic. Add all to the other ingredients and blend until smooth. Place paté in fridge overnight. Serve with melba toast. Decorate with shredded lettuce and stuffed olives.



FRESH ASPARAGUS WITH GARLIC BUTTER

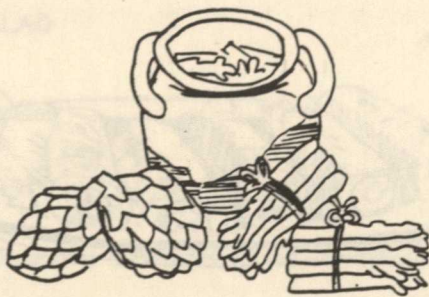
- 1 bunch fresh asparagus (cut off dried ends, but retain string holding bunch together)
- 2 cloves garlic
- 6 Tablespoons margarine
- Salt and pepper
- 1/4 onion

Place bunch of asparagus in deep pot filled with boiling salted water. Allow to boil for 1/2 hour or until tender. Be careful not to damage the tips. Blend together garlic, margarine, onion, salt and pepper. Place cooled asparagus in serving dish and pour over garlic butter. Grated cheese can be sprinkled on top for a Milchike meal.

BAKED ASPARAGUS

- 4 Tablespoons butter
- 4 Tablespoons flour
- 1/2 teaspoon mustard powder
- Breadcrumbs
- Few drops tobasco sauce
- Salt and pepper
- 3 cups grated cheddar cheese
- 2 bunches fresh asparagus (see above recipe for cooking instructions) or 3 tins asparagus
- 1 cup asparagus juice

Melt butter, stir in flour, slowly, then blend in juice from asparagus. Add seasoning, stir in cheese slowly and allow to blend. Place asparagus in greased oven dish, pour sauce over, sprinkle with breadcrumbs and bake for 20 minutes at 180°C (300°F). Serve hot.



MEAT

HOLISHKES (Stuffed cabbage)

12 large cabbage leaves

Stuffing:

1/2 kg or 2 cups minced meat

2 Tablespoons matzo meal

2 large onions chopped

2 Tablespoons schmaltz

1 beaten egg

1 level teaspoon salt

Sauce:

2 Tablespoons apple cider vinegar

2 Tablespoons golden syrup

1 bay leaf,

Beef stock

5 peppercorns

Plunge the cabbage leaves into a pan of boiling water (to cover) and simmer for 5 minutes. Place in colander and rinse under cold water. Carefully remove leaves. Cut out tough stalk end of leaf. Mix ingredients for stuffing together. Place a tablespoon of the stuffing in the centre of each leaf. Turn in the sides and roll up like a blintze. Lift each bundle and gently squeeze with the palm of the hand to seal it. Lay bundles side by side in a wide shallow casserole. Cover with all the sauce ingredients mixed together. Place in moderate oven 180°C (350°F) for 1/2 hour. When sauce begins to simmer turn down to 150°C (300°F) for 2 hours. Fifteen minute before dish is to be served uncover dish and allow bundles to brown very slightly.

Serves 4 — 5 people.



SALADS

CABBAGE SALAD WITH A DIFFERENCE

- 1/2 cabbage or 1 small cabbage
- 1 cup mixed nuts and raisins
- 1 cup bean sprouts
- 3/4 cup mayonnaise

Mix all vegetables together, pour over mayonnaise and decorate with fresh cucumber slices.

SLENDER SLAW

- 1 cup shredded cabbage
- 1/2 cup grated carrot
- 1/2 cup green beans sliced
- 1/2 medium chopped green pepper — GILL quality
- 60 gms chopped onion
- 1/2 cup cider vinegar
- 2 Tablespoons chopped fresh parsley
- 2 Tablespoons vegetable oil
- 1 teaspoon dried mustard
- 3/4 teaspoon salt
- 1/8 teaspoon pepper

Combine first 5 ingredients in large bowl. Combine remaining ingredients in a covered jar, shake well. Pour over vegetables and toss thoroughly.

SPECIAL CABBAGE SALAD

- 1 cabbage shredded
- 4 beetroots cooked and grated
- 125 ml bottle horseradish
- 1/2 cup brown vinegar
- Sugar to taste.

Mix vegetables together. Pour over horseradish mixed with vinegar and sugar.

BEANS AND PEAS SALAD

- 1 cup cooked string beans
- 1/2 cup cooked peas
- 1/2 cup sliced celery
- 1/2 cup chopped apple
- 1 cup salad greens (lettuce or cabbage)

Toss with French dressing.

BEAN SALAD

- 1 tin baked beans in tomato sauce
- 1 tin green beans sliced
- 1 tin butter beans (drained)
- 1/4 onion grated coarsly

Mix all ingredients and serve chilled. Italian dressing may be used.

KIDNEY BEAN SALAD

- 1 1/2 cups cooked lima beans
- 1/2 cup diced pickled beetroot
- 2 Tablespoons minced onion
- 2 Tablespoons chopped parsley

Toss with chopped lettuce and French dressing seasoned with worcestershire sauce.

BEAN SPROUTS TREAT

- 1 cup bean sprouts
- 1/2 cup chopped celery
- 1 sliced cucumber
- 1/4 cup sliced radishes
- 4 or 5 rings green pepper

Toss with French dressing seasoned with a little Soya sauce.

RAW BEET SALAD

- 2 cups ground raw beets
- 1/2 cup piccalili (optional)

Toss with french dressing or thin mayonnaise and a few salad greens

BEETROOT WALDORF SALAD

- 3 beetroots
- 2 large green apples
- 1 medium onion
- 2 Tablespoon mayonnaise

Peel beetroots and cook till soft. Cool. Dice beetroots, peeled apple and onion. Toss together and mix in mayonnaise.

BEET AND CAULIFLOWER MIX

- 1 1/2 cups cooked cauliflower chilled and broken into flowerettes
- 1/4 cup chopped celery
- 3/4 cup diced beetroot and a little grated onion with thin dressing and lettuce
- 3/4 cup sugar
- 1 teaspoon salt
- 1 kg frozed sliced green beans
- 5 onions chopped
- 1 1/2 tablespoons maizena

Boil the chopped onions with vinegar and sugar. Mix maizena, curry powder and salt to a paste and add to vinegar mixture. Cook beans according to instructions. Add vinegar mixture and beans. Add mayonnaise, blend well. Keeps well in air tight container.

PINEAPPLE, PEAS AND BANANA SALAD

- 1 tin pineapple cubes
- 1 tin peas drained
- 4 medium bananas

Combine pineapple, peas and sliced bananas with mayonnaise (enough to cover).

SPINACH MADARIN SALAD

- 1 bunch spinach
- 1 butter lettuce
- 2 tins drained mandarins
- 1 tin drained seedless sultana grapes
- 1 packet roasted slivered almonds (100 gms)
- 1 avocado pear dipped in lemon juice for garnish

Put the above in layers and pour over the following dressing:

- 1/2 cup oil
- 1/2 cup white vinegar
- 1/2 teaspoon crushed garlic
- 2 Tablespoons brown sugar
- 2 Tablespoon spring onions, chopped
- 1 Tablespoon curry powder
- 1 Teaspoon soya sauce (National True Foods is Kosher)

PICKLED VEGETABLE SALAD

Equal quantities of the following:

- Cauliflower – broken into flowerettes
- Sliced carrot
- Sliced celery
- Mushrooms
- Green beans
- Sliced baby marrows

Pour all vegetables in a saucepan and pour over the following:

- 1 1/2 cups vinegar
- 8 Tablespoons sugar
- 6 cloves crushed garlic
- Salt
- 2 Tablespoons salt
- 1/2 Teaspoon pepper
- 1 1/2 teaspoons oreganum

Bring to the boil. Boil for 3 minutes. Cool and refrigerate.

CORN AND TOMATO SALAD

1 small onion, diced
2 tomatoes cut into chunks
1/2 cup whole kernel corn
2 Tablespoons chopped green pepper
2 cups shredded lettuce.

Toss with French dressing

RICE SALAD

2 cups rice (uncooked)
All, or choice of some of the following:
Chopped up or finely diced –
Carrots, radishes, green and/or red peppers, celery, apples, pickled cucumbers,
olives, spring onions, peeled seeded tomatoes, Tinned peas, Parsley
Mayonnaise
Lemon juice
Water
Salt and pepper
Paprika

Cook rice in 5 or 6 cups salted water. Cool completely. Add a choice of 6 to 8 ingredients in sufficient proportions to balance both taste and appearance. Add seasoning, and parsley. Thin down some mayonnaise slightly with a little lemon juice and water. Add enough to this mixture to taste and to just cover the rice and vegetables without making them too sodden.

BASIC POTATO SALAD

4 or 5 large potatoes
Chopped onion (optional)
Mayonnaise
Parsley
Seasoning

Boil potatoes in jackets, cool, peel, dice and season. Add onion and sufficient mayonnaise to cover thoroughly. Chill. Garnish with finely chopped parsley.

CAKES

FLUDEN – LAYERED BAKED CAKE (PARAVA)

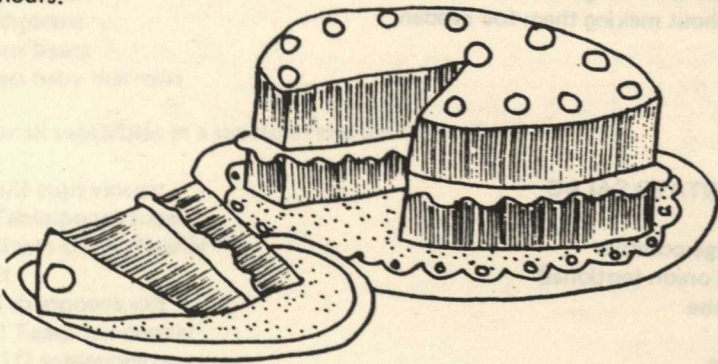
Dough:

- 4 cups flour
- 3 teaspoons baking powder
- 1 cup sugar
- 3 Tablespoons oil
- 2 eggs beaten
- 4 Tablespoons water

Filling:

- 1 cup sugar
- 1 teaspoon cinnamon
- 1 cup chopped nuts
- 8 Tablespoons apricot jam
- 1/2 cup dessicated coconut
- 1/2 cup raisins and/or chopped nuts
- 3 apples sliced
- Sugar and spice for topping

Sift flour, baking powder and sugar. Add oil, eggs and water and mix. Divide dough into 5 parts, one a little larger than the others. Roll out as thinly as possible. Place the largest piece in an oiled baking dish covering sides and bottom. Mix the filling ingredients and spread a layer over the pastry. Place next piece of dough and continue until all ingredients are used, ending with a layer of pastry. Sprinkle top with a little more sugar and spice. Bake in moderate oven 170°C (300°F) for 1 1/2 hours.



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Hanukah





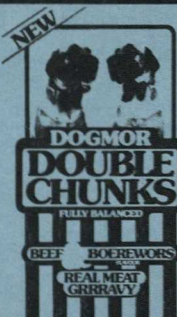
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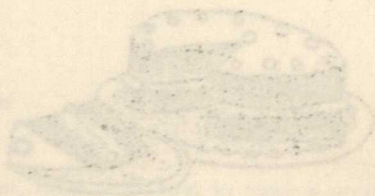
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CHANUKAH

This is the festival of lights and is celebrated for 8 days beginning the 25 Kislev. Chanukah means dedication and the festival recalls the triumph of Judah Hamaccabee and his small band of supporters, who despite overwhelming odds, stood victorious in battle against their Greek oppressors in 165 BC. After their victory, the Jews wished to rekindle the Menorah in the Temple and to rededicate the Temple which had been desecrated by the enemy. Only a very small jug of oil, enough for one day, could be found, yet, miraculously it lasted for eight days.

Today Chanukah is primarily a home festival in which the children participate. The Chanukujah is lit; one candle the first night, two the second, etc. concluding with eight on the last night. The candle that serves to light the others is called the "Shammes". After lighting, "Ma'oz Tzur" is traditionally sung. It is a festival of fun and children and adults alike indulge in all sorts of games eg Dreidel, Katowes (riddles), card games. Children receive Chanukah Gelt, which may be real or made of chocolate. Among Yemenite Jews and Sephardim, The Antiochus Megilla is read.

Unlike other festivals, Chanukah is marked by no special feasting. The only special dish introduced by custom are Latkes and doughnuts which are fried in oil to commemorate the miracle of the oil. In some communities it is also customary to prepare dairy meals in which cheese predominates to commemorate the notorious cheese and wine party with which Judith entertained the Greek, Holofernes and in so risking her life, saved her Jewish community.



LATKES

6 medium size potatoes
1 onion
2 eggs
1/2 cup flour
1 teaspoon salt
Oil for frying

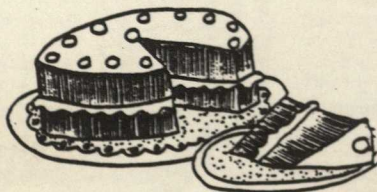
Peel and grate potatoes into a mixing bowl (one can use a food processor). Squeeze out liquid. Peel and grate onion and add to potatoes. Add eggs, flour and salt and stir to make a smooth batter. Heat the oil in a frying pan (enough to cover the latkes). Drop the batter from a spoon into the hot oil. Fry over moderate heat until brown. Turn and brown on the other side. Remove from oil and drain excess oil on a paper towel. Serves 6.

Note: To make ahead of time, cover and refrigerate latkes. Preheat oven to 180°C (350°F). Place latkes on ungreased pan for 5 minutes.

SOUR MILK LATKES

1 Cup flour
1/2 teaspoon sugar
Pinch salt
1 Egg
2 Cups thick sour milk
Butter and oil
Cinnamon and sugar

Sift dry ingredients. Add egg and sour milk (pour off excess water). Combine to form smooth batter. If necessary add a little extra flour or if too dry add excess water from sour milk. Pour spoonful into hot oil and fry until brown on both sides. Serve with cinnamon sugar.



BROCCOLI LATKES

300 gms frozen broccoli or 1/2 bunch broccoli cut into chunks
1 small onion halved
3 eggs
1/2 cup matzo meal
3/4 teaspoon salt
Dash pepper
Oil for frying

Cook frozen broccoli according to directions or cook fresh broccoli in boiling salted water until tender. Drain thoroughly. Mince or process onions. Add eggs and broccoli and mix together. Add matzo meal and seasoning. Heat 3 — 4 teaspoons oil in a frying pan. Drop in tablespoon vegetable mixture into pan. Flatten slightly with back of spoon. Brown on both sides. Drain on paper towelling. Latkes may be frozen.

Variation: Use spinach, green beans or cauliflower.

BABY MARROW LATKES

500 gms baby marrows
1 carrot
1 teaspoon salt
2 Cloves garlic
2 Eggs
1/2 Large chopped onion
6 Chopped spring onions
1/2 Cup matzo meal

Grate marrow and carrots or use food processor. Add all other ingredients and form into balls. Heat oil in pan and deep fry until brown. Drain on paper towelling.

CORN FRITTERS

2 Cups cooked corn (or large tin)
2 Eggs
1/2 teaspoon salt
1/2 Cup flour
1/2 Cup milk or water
Oil for frying

Beat eggs and add salt, flour and liquid to make a smooth batter. Add corn. Drop spoonful into deep hot oil. Fry until nicely browned all over. Drain well.
Serves 4

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EGGPLANT FRITTERS

1 x 1kg eggplant — GILI quality vegetables
1 teaspoon salt
2 eggs
6 Tablespoons flour
4 Tablespoons water
Oil for frying

Slice unpeeled eggplant in 5 cm rounds. Sprinkle lightly with salt, place on heavy plate, cover. Let stand for 30 — 45 minutes. Drain well. Beat eggs, flour, salt and water to make a batter. Dip each slice of eggplant into batter and fry in deep hot oil until lightly brown. Turn and brown on other side.

Serves 6

FRUIT FRITTERS

You may use banana, orange segments or sliced apple

3 bananas (2 oranges or 2 apples)
1 Tablespoon sugar
2 Tablespoons lemon juice
1 teaspoon orange juice
2 teaspoons grated orange rind

Batter 1 — Parava

1 teaspoon salt
2 eggs
6 Tablespoons flour
4 Tablespoons water

Batter 2 — Milchik

1/2 cup flour
1/2 cup milk
1 Tablespoon sugar
1 teaspoon butter
1 egg
Pinch salt
1/2 teaspoon baking powder

Peel and quarter fruit. Sprinkle with sugar, lemon and orange juice and orange rind. Cover and let stand for 1/2 hour. Dip in batter and fry in deep oil until brown on all sides. Drain on absorbent paper. Sprinkle with sugar.

DOUGHNUTS

- 1 Cup sugar
- 2 Eggs and 1 yolk
- 1/2 cup melted butter
- 3 1/2 Cups flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- Dash of nutmeg
- 1 Cup sweet milk or 1 cup sour milk with 1 teaspoon baking soda.

Combine sugar and eggs until smooth. Add additional yolk and melted butter. Beat lightly. Sift dry ingredients and stir in alternating with milk or sour milk. Toss on a floured board and pat or roll out to $\pm$ 2 cm thick. Cut into 4 cm strips and cut strips 20 cms long. Pinch ends together to form a beigel doughnut. Drop into deep hot oil. Fry until browned. Drain on absorbent towel and dust with icing sugar while still warm.

Yields 24 – 30.

BABY DOUGHNUTS

- 3 1/2 cups flour
- 2/3 cups sugar
- 2/3 cups milk
- 1/4 cup melted butter
- 3 teaspoons baking powder
- 1/4 teaspoon cinnamon
- 2 eggs
- Pinch salt
- Oil for frying

Sift dry ingredients (excluding sugar). Beat butter eggs and sugar until creamy. Stir in dry ingredients alternating with milk, until smooth. Place in fridge, dusted with a little flour for 12 hours. Roll out dough 1 cm thick. Cut very thin rounds. Press out centre with a thimble. Allow to stand for 20 minutes. Place in hot oil and fry until brown. When cool roll in castor sugar.

BOORMWELOS – PARAVA SEPHARDIC DOUGHNUTS

30 gms fresh yeast
1 teaspoon sugar
2 Cups warm water
Pinch salt
Enough flour to make soft dough

Mix yeast with sugar and 1 cup warm water. Allow to stand until bubbly. Add 1 cup water and enough flour to make a soft dough, and allow to rise. Shape into balls, forming a hole in the centre and fry in deep oil until golden brown.

SYRUP:

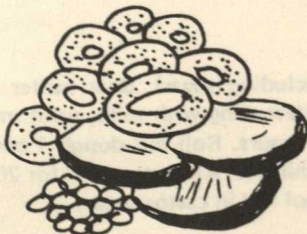
3 Tablespoons honey
3 Tablespoons sugar
3 Tablespoons water
1/2 teaspoon cinnamon

Boil honey, sugar, water until syrupy. Pour over Boormwelos and sprinkle with cinnamon.

BOORMWELOS

1 cup flour
2 teaspoons baking powder
1 Dessertspoon sugar (6 ml)
Add enough water to form dropping consistency.
Mix ingredients together

Pour oil (1 bottle in a small pot) and heat. Drop teaspoons batter into the oil and remove when lightly browned. Drain on paper and put in serving dish. Heat 1/3 tin syrup with 3 tablespoons boiling water and mix well and pour over Boormwelos.



SOOFGANIOT – SOUR CREAM DOUGHNUTS FROM ISRAEL

A recipe for Soofganiot is recorded in the Maccabean era when spongy dough balls were deep fried and dipped in honey.

2 1/2 cups self raising flour
2 eggs
1 1/2 cups sour cream
2 Tablespoons sugar
1/4 teaspoon salt
1/2 teaspoon vanilla essence
Oil for frying.

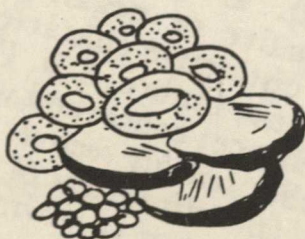
Combine all ingredients to make a soft batter. Drop tablespoons into hot oil and fry turning once. Drain on absorbent paper and sprinkle with icing sugar.

Makes 24

PITIKAS

1 coffee cup oil (175 ml)
1 cup water
Pinch bicarb of soda
Enough flour to make firm dough

Mix ingredients and form into dough. Form into small rounds the size of a marble. Allow to rest for 1/2 hour. Roll out the rounds as thin as possible. Fry in deep oil until golden brown. Sprinkle with ground almonds and cinnamon and pour 1 teaspoon syrup over each pitika.



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qualifier f. mo
see -FY)
qua'litative (-ō'l-; or -tā-) a. Con-
depending on quality (esp. Chem. of analysis,
opp. quantitative); hence ~LY² (-vli) adv. [f. LL.
qualitativus (as foll.; see -ATIVE)]
qua'lity (-ō'l-) n. & a. 1. n. Degree of excellence
relative nature or kind or character, (opp
quantity; of good, high, poor, etc., quality; is mea-
in three qualities; quality matters more than quantiti-
in the ~ of, as); general excellence (has ~
excellent). 2. Faculty, skill, accomplishment
characteristic trait, mental or moral attrib-
(give a taste of one's ~, show what one
do; has many good qualities, the DEFECTS of his q-
ties, the qualities of a ruler, the quality of ins-
confidence or of courage). 3. (arch.) High ra-
social standing (people of ~, the ~, the
classes). 4. (Logic). (Of proposition)
affirmative or negative. 5. (Of sound,
etc.) distinctive character apart from pi-
loudness, timbre. 6. a. Possessing high d-
excellence; concerned with maintenanc-
quality (quality control). [ME, f. OF qu-
qualitas -tatis (qualis of what kind; see
-ahm or -awm) n. Momentar-

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TU B'SHVAT

The Festival of Trees is a semi-holiday. It is the blossoming time of trees in Israel and is celebrated on 15th Shvat. It is a Rosh Hashanah for trees and marks the beginning of spring in Israel, when nature begins a new cycle. Trees begin to sprout and are judge as to their future.

The love and concern for nature, particularly trees, is expressed by planting saplings on this day. For Jewish people throughout the generations, far away from Zion, Tu B'Shvat was always a reminder that they once had a land of their own, and observing the custom was a symbol of hope that they should return and live on their own soil again.

Foods on this holiday are thus related to nature. It is traditional to eat a lot of fruit and nuts. Some people follow the custom of serving 15 different kinds of fruit corresponding to the date of the month. These fruits usually incorporates some of the 7 species, namely olives, dates, grapes, figs and pomegranates. A new seasonal fruit should be eaten for the first time in the year and the Shehechiyanu blessing made.

Since it is a festival celebrating nature, we thought it would be a good idea to include recipes for preserves and pickles so that the lovely fruit and vegetables that are available can be eaten for months to come. It is also a good idea to prepare wine for Pesach.

DESSERTS

CREPES IN BANANA SAUCE

Make crepe batter and roll each crepe and place in oven proof dish.
(for batter recipe see page 17)

SAUCE:

- 6 bananas (sliced)
- 2 Tablespoons cinnamon
- 1 Cup brown sugar
- 2 Cups fresh orange juice.

Heat together in a saucepan, pour over crepes and reheat in oven.

FRUIT SALAD IN PINEAPPLE BOATS

- 3 pineapples cut in half with fronds. 1 small tin peaches cut into small pieces or 4 fresh peaches
- 1 bunch grapes
- Litches

Scoop out pineapple and dice. Place fruit mixed together in a bowl and marinate in 6 tablespoons lime juice, 2 teaspoons rum, 2 tablespoons sweet Kosher white wine or grape juice.

Spoon fruit into pineapple halves and decorate with a sprig of mint.

APPLE BAKE DESSERT

- 2 Tablespoons butter or margarine
- 1 cup sugar
- 3 eggs
- 1 heaped cup flour
- 1 teaspoon baking powder
- Pinch salt
- 1/4 cup milk
- 500 gms tin unsweetened apples

SYRUP:

- 1 cup sugar
- 125 gms butter or margarine
- 1/2 cup milk

Beat all ingredients (except apples) together in a mix master. Pour into an ungreased baking dish. Add 1 tin apples and bake at 180°C (350°F) for 3/4 hour.

Boil all ingredients together and pour hot over cake. Serve with cream.

BISCUITS AND CAKES

BANANA LOAF

- 1/2 cup butter
- 3/4 cup sugar
- 1 teaspoon bicarb of soda
- 3 Tablespoons milk
- 2 eggs
- 4 mashed bananas
- 1/2 cup finely ground nuts
- 1 teaspoon vanilla
- 2 cups flour
- Pinch salt

Cream butter and sugar. Mix bicarb of soda with milk and add. Beat eggs very well and add bananas, nuts, vanilla and lastly flour sifted with salt. Bake in small loaf tin 200°C (400°F) for 1 hour.

BRANDY TART

- 250 gms dates
- 1 cup sugar
- 2 dessertspoons butter or margarine (20 mls)
- 2 teaspoons baking powder
- 2 eggs
- 1 teaspoon ginger
- 3/4 cup boiling water
- 1 1/2 cups flour
- 1 teaspoon bicarb

Chop dates and put in a dish with boiling water and bicarb. Cream butter and sugar well. Add egg, flour, baking powder and ginger. Add this to the date mixture. Beat well. Bake at 185°C (350°F) for 25 to 30 minutes.

SAUCE:

Boil 3/4 cup boiling water with 1 1/2 cups sugar for 5 minutes. Remove and add 1 teaspoon vanilla, 1 dessertspoon butter and 1/2 cup brandy (Carmel). Pour sauce over pricked cake on removal from oven. When cool refrigerate. Leave for a day or two. May be served hot or cold with whipped cream.

DATE LOAF (PARAVA)

250 gms dates (1 packet)

1 Tablespoon margarine

1 egg

1 teaspoon bicarb soda

3/4 cup sugar

1 1/2 cups flour

Pour 1 cup boiling water over chopped nuts. Add the bicarb of soda and cool. Cream margarine and sugar and add beaten egg. Add sifted flour and date mixture. Bake in lined tin at 180°C (350°F) for 1 1/2 hours.

FRUIT SQUARES

DOUGH:

250 gms butter

2 cups flour

2 teaspoons baking powder

1/2 cup sugar

3 eggs

FRUIT MIXTURE:

1 cup sultanas

1 cup currants

1 cup raisins

1 cup dates

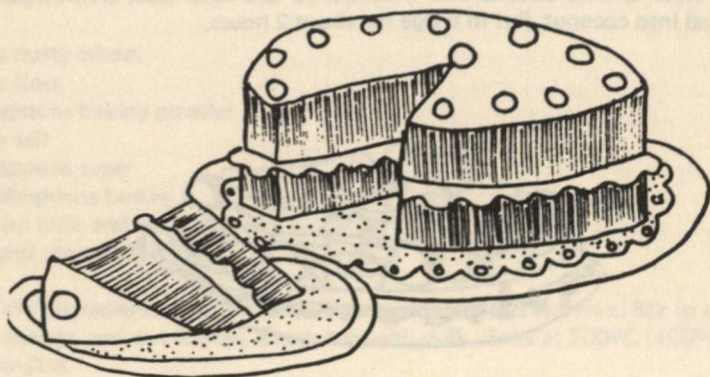
1 Tablespoon butter and enough water to cover

Boil all fruit in water with butter. When soft strain any excess water. Make dough by mixing flour, sugar and baking powder. Add butter and eggs and adjust with flour until the dough is not sticky. Butter a biscuit pan. Lay half the dough out in the pan, cover with fruit mixture and then cover with remaining dough. brush with egg. Bake at 200°C (400°F) for 20 minutes to 1/2 hour or until golden brown. Cut into squares, cover with sugar or icing sugar.

FRUIT CAKE (PARAVA)

- 2 cups flour
- 125 gms butter or margarine
- 1 cup black tea (the stronger the tea — the darker the cake)
- 1 teaspoon mixed spice
- 1 cup sugar
- 2 cups mixed fruit of your choice
- 1 level teaspoon bicarb of soda

Boil butter, fruit and tea together for 3 minutes. When cool mix with dry ingredients. Put mixture in well greased cake tin and bake at 200°C (400°F) for 50 minutes. Do not open the oven during that time.



GINGER CAKE

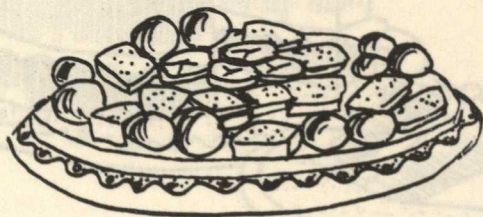
- 2 cups flour
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- 2 teaspoon ground ginger
- 1 teaspoon baking powder
- 2 Tablespoon syrup
- 1 teaspoon bicarb in 1 cup lukewarm water
- 3/4 cup sugar
- 1/2 cup oil
- 2 eggs

Sift dry ingredients in bowl. Add rest ingredients and beat well. Bake at 180°C (350°F) for 1 hour.

MOCK TEIGLACH

125 gms butter or margarine
250 gms dates
1/2 cup sugar
1 teaspoon ginger
Coconut
1 egg
1 teaspoon vanilla
1 Tablespoon cocoa
10ml brandy/wine
1 packet Marie Biscuits

Take marie biscuits (leave 5). Melt butter, sugar and dates together — mix when smooth, add cocoa, take off heat. Now go to the pot add beaten egg, ginger vanilla brandy or wine. Crumb biscuits into this, will go firm after mixing. Roll into little balls and roll into coconut. Put in fridge for about 2 hours.



MINENAS — SEPHARDIC DATE COOKIES

250 gms margarine
3 Tablespoons icing sugar.
1 teaspoon vanilla
1 cup warm water
Enough flour to make a soft dough (About 11 Tablespoons)
375 gm minced dates
1/4 teaspoon cloves
3/4 cup chopped nuts
1 Tablespoon water

Cream margarine, sugar and vanilla then add flour. Place small pieces of date filling on piece of dough. Cover filling and roll by hand into oblong shapes. Prick top for design. Bake at 200°C (400°F) for 30 minutes. When cool sprinkle icing sugar on cookies.

NUT CAKE

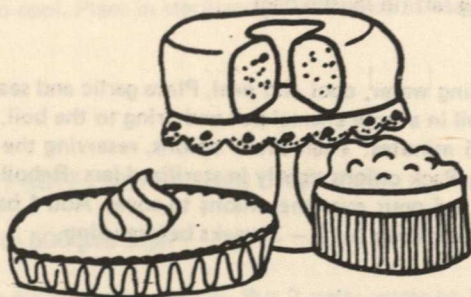
- 150 gms butter
- 1 cup sugar
- 3 eggs
- 2 $\frac{3}{4}$ cup flour (sifted)
- 1 teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla

Mix well in mix master, then add 2 teaspoon baking powder. Mix again and gently fold in $\frac{1}{3}$ cup chopped walnuts. Pour into 2 buttered pans and bake for 30 minutes in oven at 180°C (350°F).

WHOLEWHEAT SCONES AND DATES

- 1 cup nutty wheat
- 1 cup flour
- 4 teaspoons baking powder
- Pinch salt
- 4 teaspoons sugar
- 4 Tablespoons butter
- $\frac{3}{4}$ cup milk and water mixed
- 250 gms chopped dates

Rub dry ingredients together with butter. Add liquids and mix. Stir in dates. Form into sausage and cut scones. Brush top with milk. Bake at 200°C (400°F) for 10 – 15 minutes.



PICKLES AND PRESERVES

PRESERVED MIXED VEGETABLES

- 1 small cauliflower
- 4 medium carrots
- 4 celery sticks
- 2 green peppers
- 115 gms olives
- 1 litre white vinegar
- 1/4 litre olive oil
- 115 gms sugar
- 2 teaspoons salt
- 1/2 teaspoon pepper

Slice cauliflower into flowerettes. Clean carrots and cut into sticks, cut celery into pieces (discard tops), cut peppers into strips (remove seeds and pith), leave olives whole. In a large enamel pan put the washed and dried vegetables, the vinegar, oil, sugar and spices. Bring to the boil, stirring occasionally. Turn off the heat, leave to cool. Put vegetables together with cooking liquid in sterilized jars. Leave to stand in a cool dark place for at least 2 months.

PICKLED ONIONS

- 1 kg small white pickling onions
- 1 litre white vinegar
- 1 clove garlic peeled
- 2 whole cloves
- 8 peppercorns
- 2 bayleaves
- 1 cinnamon stick
- Fresh thyme (optional)
- 1 Tablespoon koshering salt (in muslin bag)
- Oil

Dip the onions in boiling water, cool and peel. Place garlic and seasonings together with the vinegar and oil in a large enamel pot and bring to the boil. Add onions and continue boiling for 5 minutes. Then drain onions, reserving the vinegar and discarding the muslin bag. Pack onions tightly in sterilized jars. Reboil vinegar, remove from heat, let it cool and pour over the onions to cover. Add 1 bayleaf to each jar and a layer of oil. Seal and keep for 2 – 3 weeks before using.

PICKLED CUCUMBER SWEET AND SOUR

10 GILL quality vegetable cucumber cut length wise (or sliced) and sprinkled with salt.

- 2.5 litres water
- 2 Tablespoons mustard
- 1/4 cup sugar
- 4 dessertspoons salt (40 mls)
- 4 dessertspoons white vinegar essence (40 mls)
- 1 dessertspoon peppercorns (10 mls)
- 6 bayleaves
- 3 or 4 cloves of garlic

Place ingredients in a saucepan and bring to boil for 5 – 10 minutes and pour over cucumbers. (Wash salt off first).

PICKLED MUSHROOMS

- 500 gms small button mushrooms
- 3 Tablespoons lemon juice
- 2 cups white vinegar
- 2 bayleaves
- 1 Tablespoon oil
- 1 clove garlic crushed
- Dash pepper
- 1 chopped onion

Wash mushrooms thoroughly and drain. Combine all ingredients in a large pot and bring to the boil. Add mushrooms and boil over a low heat for 10 minutes. Add the oil and allow to cool. Place in sterilized jar and place in fridge for 2 – 3 days.

PRESERVED FRUIT E.G. PEACHES OR PLUMS

- 500 gms fruit to 500 gms sugar

Peel and halve fruit, remove stones. Put 2 parts water to 1 part sugar in a large pot and bring to the boil. Add fruit to liquid and boil until fairly soft but not pulpy. Pot should be filled to capacity. Take fruit and liquid and fill hot sterilised jars. Screw on covers tightly. Turn bottles upside down to check if there is any leakage.

PICKLED SWEET RED PEPPERS

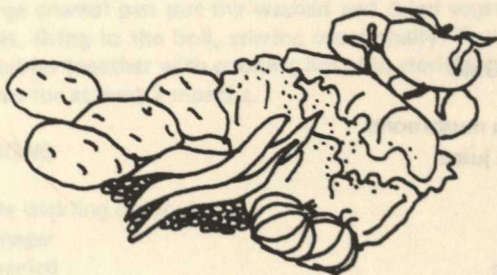
Garlic

Vinegar

Sweet GILI quality red peppers

1 teaspoon salt.

Cut peppers into quarters and clean. Add salt to a saucepan of water, large enough to cover peppers. Boil for 7 – 10 minutes. Peel off outside skin and place in a jar, but do not throw away water. Take 2/3 of already boiled water and add vinegar to taste. Add 2 – 3 garlic cloves. Allow to cool. Pour over peppers. Place in a dark area for 3 days.



PICKLED CUCUMBER – ISRAELI WAY

GILI quality vegetable cucumbers

3 cloves garlic

1 or 2 bunches dill (available from GILI)

2 Tablespoon salt

Wash cucumbers thoroughly. Stand cucumbers in a a bottle or jar. Place dill, salt and garlic – jar and fill with water (seasoning may be adjusted to taste). Leave cucumbers in a cool place for 5 days. Do not keep cucumbers longer than 3 – 4 weeks as there are no preservatives added.

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WATERMELON PRESERVE

2 kilos watermelon
2 kilo sugar
1 Tablespoon lime juice
2 teaspoon ginger
12 cups water

Peel watermelon and cut into pieces. Prick pieces all over and soak in lime juice overnight. Wash off well the next day. Boil fruit in clear water until soft. Discard water. Make syrup with sugar, water and ginger. Boil until thick. Mix syrup with fruit, and bottle.

MULBERRY JAM

1 kilo not quite ripe mulberries
1 cup water
750 gms sugar
Juice of 1 lemon
Grated lemon rind

Wash mulberries and place into water. Simmer until the fruit is soft. Add sugar, juice and rind. Bring to the boil slowly, stirring all the time. Continue boiling until the jam sets when tested on a cold plate. Remove scum and bottle the jam.

PEACH CHUTNEY

1.5 kgs peaches
4 large onions
1 bottle vinegar
1 cup sugar
1 teaspoon cloves
1 Tablespoon tumeric
1 teaspoon curry powder
10ml salt
10ml allspice

Wash and peel peaches and onions. Mix all ingredients together and boil for 1 1/2 hours. Allow to cool and bottle.

WINES

WINE

5 kgs wine grapes (Alphonse Laval)
2.25 kgs white sugar

Wipe grapes clean but do not wash them. Place in a very large saucepan. Mash well (use a potato masher). Squeeze grapes well. Add sugar and mix thoroughly with a wooden spoon. Cover with 2 — 3 layers of fine gauze, but not with a lid and allow to stand for 1 week, mixing every second day. Leave wine to mature for 3 — 6 weeks, stirring occasionally. When matured strain and bottle and cork. Do not over-fill.

GRAPE WINE

For a 50 litre barrel of wine take about 5 large boxes of grapes. Stem the grapes but do not wash them and put them into the barrel through the bung-hole. Do not fill completely or the wine will bubble out during fermentation. Add sugar to taste. For a dry wine the minimum is 900 gms sugar to every 8 kgs grapes. — for a sweet wine 2.5 kg sugar to 8 kg grapes.

Use a new broomstick, pound the grapes by thrusting the stick through the bung-hole, but do not pound them too much. Fermentation starts during the first day. Stir the grapes twice daily with the stick through the bung-hole for 3 weeks when fermentation should be complete. Put the bung in the barrel but it should not be airtight. Leave to stand 4 — 5 weeks and during this time be careful not to move or shake the barrel at all. The wine is ready when the juice is clear. If it is still cloudy, leave to stand longer.

PLUM WINE

Approximately 3,6 kgs plums
4 litres boiling water
1 kilo sugar/ dissolved in 4 litres of strained juice

Pierce the plums with a knitting needle in one or two places. Put them in a cask and pour in boiling water. Let stand uncorked for 48 hours. Draw off juice and measure. Add sugar. When sugar is dissolved, return juice to cask. Cover bung-hole with several thicknesses of muslin or cheesecloth. Let stand until all fermentation has stopped. Stand undisturbed for 3 — 6 months at room temperature before drawing off and bottling is required. Or draw off wine when needed for Pesach. The wine should be rich in colour. The plums may be utilised for preserves.

PURIM



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PURIM

The Feast of Esther begins with the reading of the Megilat Esther. It comes on the 14th Adar and commemorates the downfall of the wicked Haman, trusted councilor of King Ahashvarosh of Persia. Haman's intrigues were discovered by Mordechai, uncle of Esther, the King's favourite Queen.

This holiday is celebrated with much feasting by adults as well as children. Fancy dress parties are traditionally held on this Festival. Purim plays are always enjoyed by one and all. People exchange gifts (Mishloach Manot) which are made up of two already prepared foods. The present is always sent by messenger, who may be an adult or a child. It is customary to give money to the poor.

It is customary to eat Hamantashen, a three-cornered pastry filled with a variety of fillings, most often mon (poppy seed) to remind us of Haman's pockets of silver which he offered to the king. The three corners also represent the three-cornered hat which Haman is supposed to have worn.

The Sephardim have a legend about Haman's ears being shaped like that of a donkey — three-cornered and slightly elongated. Thus the Haman cakes also take on that shape. They are called Oznei Haman in Israel, Hojuelas de Hama by Sephardim. In Holland and the Low countries, small cakes in the shape of a man, stuffed with nuts and raisins like a gingerbread man symbolize Haman.

It is also customary to have Seudat Purim, a festive luncheon meal on Purim day. Kreplach are usually eaten at this meal. On Purim we eat and are merry.

We have included the making of various types of sweets and small biscuits to give away for Mishloach Manot. Many of these latter recipes can be made by children.

CAKES & BISCUITS

HAMENTASCHEN

DOUGH:

1/2 cup warm water
2 packets yeast
1/2 cup warm milk
1/2 cup melted butter
2 eggs
1/2 cup sugar
2 teaspoons salt
4 1/2 cups flour

POPPY SEED FILLING:

1 cup poppy seeds
1 cup milk
30 gms butter
2 Tablespoons honey
1 Tart apple

Dissolve yeast in water and allow it to bubble. Stir all remaining ingredients and mix with yeast until smooth. Turn onto floured board and knead. Place in greased bowl. Cover with a damp cloth and allow to rise for 1 1/2 hours. Punch down and allow to rise for another 1/2 hour. Roll out into squares. Place tablespoon poppy seed mixture into the centre of each square. Fold into a triangle, allow to rise for another 10 minutes. Brush with beaten egg and milk and bake at 200°C (400°F) for 15 – 20 minutes.

FILLING:

Boil poppy seed with milk. Add butter and honey and boil until thick. When cool add grated apple.

ALTERNATIVE:

Use cream cheese filling as in filling for cheese blintzes.

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HAMENTASCHEN

CREAM CHEESE PASTRY

- 250 gms butter
- 250 gms cream cheese or cottage cheese
- 2 cups flour
- 4 Tablespoons sugar (optional)

Mix together butter, cheese and sugar and then add flour (if processor is used. Mix for 18 - 20 seconds and process in 2 batches). Divide dough into 4 pieces. Flour each piece of dough slightly. Roll out on a floured board into 1/2 cm thickness. Cut in 6 cm circles. Bring sides upward to meet. Prick to form a triangle. Place on greased baking tray. Brush with beaten egg. Bake at 200°C (400°F) for 15 minutes.

Makes 4 dozen

APRICOT RAISIN FILLING

- 1 medium seedless orange
- 500 gms dried apricots
- 1 1/2 cups sultanas
- 3 - 4 Tablespoons sugar

Chop oranges and apricots until fine or use food processor (process half the orange at a time). Mix all ingredients together.

DATE FILLING

- 1/4 cup walnuts
- 2 cups pitted dates
- 1/2 cup sultanas
- 1/2 teaspoon cinnamon
- 3/4 cup orange juice

Chop nuts coarsely. Chop dates and raisins. A food processor may be used. Mix all ingredients together.

PARAVA HAMANTASCHEN

125 gms castor sugar
2 eggs
100 ml oil
1 teaspoon vanilla essence
Grated rind of 1/2 orange
300 gms flour
1 1/2 level teaspoons baking powder

Beat egg and sugar together until creamy. Add in oil and seasoning and beat well. Stir in flour to make a soft dough. Roll out on a floured board to 1/2 cm thick. Cut into 7.5 cm rounds. Place a spoonful of filling in the centre, draw up 3 sides to form a triangle. Prick edges firmly together. Brush top with a little beaten egg and bake at 180°C (350°F) for 30 minutes.

Makes approximately 24

APPLE FILLING:

500 gms peeled, cored and sliced apples
Juice and rind of 1 small lemon
75 gms sugar
1 Tablespoon margarine

Place all ingredient in a small pot. Add margarine and cook gently until tender. Uncover and cook longer to draw off any excess liquid.

OZNEI HAMAN

2 eggs
2 cups flour
1 teaspoon baking powder
Pinch salt
Warm water
Oil
Icing sugar

Mix eggs, flour, baking powder and salt. Add enough warm water to make a biscuit dough. Roll thinly and cut into strips. Fry in deep hot oil and twirl the dough a bit to shape into odd ear shapes. Drain and sprinkle with icing sugar.

POPPY SEED CAKE

3/4 cup scalded milk
3 cups flour
1 cup poppy seeds
3 teaspoons baking powder
170 gms butter
1 cup milk
1 1/2 cups sugar
4 egg whites

Pour hot milk over poppy seeds and allow to soak for several hours. Cream butter and sugar until light and fluffy. Add poppy seed mixture and mix well. Sift flour and baking powder together and add alternately with the milk. Beat the egg whites until stiff and fold into the mixture. Pour batter into 2 well-greased and floured layer pans (23 cms or 9"). Bake at 190°C (375°F) for approximately 25 minutes. Ice with white icing using apricot jam in the centre.

POPPYSEED CHIFFON CAKE

3/4 cup boiling water
1/2 cup poppyseeds (for better results grind in a grinder)
2 cups sifted flour
1 1/2 cups sugar
3 teaspoon baking powder
1 teaspoon salt
1/2 cup oil
7 egg yolks
1 teaspoon vanilla
8 egg whites

Preheat oven to (325°F) 170°C.

Pour boiling water over poppyseeds and let stand for 2 hours. Sift dry ingredients into a large bowl. Make a well in the centre and add oil, yolks, poppyseeds (with water) and vanilla. Beat until smooth. Beat egg whites till stiff. Slowly pour yolk mixture over whites and gently fold in. Pour into ungreased baking pan. Bake for 1 hour 10 minutes. Invert pan over bottle, till cool.

LAYERED RAISIN SQUARES

250 gms butter or margarine
330 gms soft brown sugar
300 gms wholewheat flour
8 ml salt
3 ml bicarbonate of soda
190 gms rolled oats

FILLING:

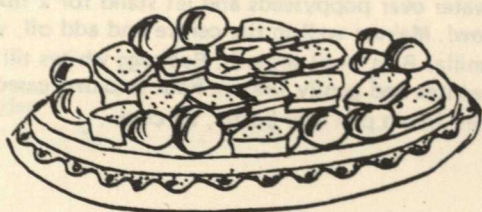
750 gms raisin paste (obtained by boiling seedless raisins in a little warm water until mushy)
5ml grated orange rind
125 ml orange juice
60 ml honey
5ml lemon juice

Preheat oven to 190°C (375°F). Cream butter and sugar in mixer. Add flour, salt and soda and blend at low speed. Add oats and blend thoroughly.

FILLING:

Combine all ingredients and mix well. Pour half creamed mixture into greased 15 cm by 22cm tin and smooth top. Spread filling over. Top with remaining mixture and press lightly into filling. Bake for 25 to 30 minutes until lightly browned. Leave to cool in pan. Cut into 5cm squares.

Makes 36

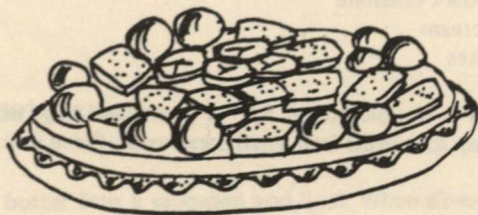


FRUIT BARS

20g cake fresh yeast
125 ml lukewarm milk
250g flour
3 eggs
Pinch sugar
Pinch salt
250g prunes, pitted
125 g dried apple rings, finely chopped
125 g dried pears, finely chopped
250 g dried figs, finely chopped
100 g large raisins, deseeded
100 gms almonds, chopped
5 ml ground cinnamon
Grated rind of one lemon
100 gms dark chocolate, broken into pieces

Preheat oven to 200°C (400°F). Dissolve yeast in milk. Sift flour into large bowl and add yeast mixture. Knead into smooth dough. Add one egg, sugar and salt. Knead until smooth, cover and leave in warm place to rise for 20 minutes. Fold in all fruit, almonds, cinnamon and lemon rind. Melt chocolate over boiling water and add remaining eggs. Add to dough and knead until all ingredients are well blended. Cover and leave to rise for further 30 minutes. Place mixture in greased 24 cm square tin and bake for 30 minutes. Turn on to wire rack, cut into bars when cold.

Makes about 36



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SWEETS

CHOCOLATE WALNUT LOG

- 250 gms castor sugar
- 125 gms butter or margarine
- 25 ml golden syrup
- 85 ml liquid glucose
- 85 ml boiling water
- 400 g tin sweetened condensed milk
- 5ml vanilla
- 125 g roughly chopped walnut pieces
- 185g dark chocolate, chopped
- 125g roughly chopped walnut pieces — extra

Combine sugar, butter, syrup, glucose, water and condensed milk in pan. Stir over low heat until sugar has dissolved. Wash down sides of pan with pastry brush dipped in water, this ensures that there are no sugar crystals on side of pan. Increase heat, bring to boil and boil steadily for 10 — 12 minutes or until mixture is caramel colour. Stir constantly to prevent bottom of pot from burning. Remove from heat. Stir in vanilla and walnut. Pour mixture into greased 20 cm square cake tin. Place in fridge until firm. When caramel is cold cut into 5 even strips. Using hands roll on smooth surface to round off corners. Press extra walnut pieces all over rolls. Melt chocolate in double boiler. Place rolls on wire rack over tray. Spoon cooled chocolate over logs. Refrigerate until firm.

CHOCOLATE CREAM CLUSTERS

- 1 100gm slab milk chocolate
- 1 100gm slab dark chocolate
- 1/2 cup fresh cream
- 6 cups cornflakes

Melt chocolate in double boiler. Stir in cream and beat well. Gradually stir in the cornflakes. Drop spoonfuls into small paper cups. Place in fridge to set.

COCONUT SUGAR PUFFS

- 2 1/2 cups puffed wheat
- 2 tablespoons chopped dates
- 2 tablespoons sultanas
- 1 tablespoon chopped nuts
- 2 dessertspoons apricot jam
- 1 lightly beaten egg white
- 6 tablespoons dessicated coconut

Combine all ingredients except the coconut and mix together. Form into balls and roll lightly in coconut. Place in refrigerator to set.

FONDANT — UNCOOKED

- 1 egg white (unbeaten)
- 500 gms icing sugar
- 125 gm liquid glucose

Sift icing sugar into bowl. Make well in the centre add warm softened glucose, egg white and flavouring. Mix together into a firm paste. Turn onto a board lightly dusted with icing sugar, knead well. Cover fondant with damp cloth when not in use. Fondant can be rolled into balls or rolled into a thin strip, rolled up like a swiss roll and cut into slices.

FLAVOURS:

Peppermint essence for peppermint creams
Add 120 gms melted chocolate to fondant

FUDGE

- 6 Tablespoons water
- 4 Tablespoons syrup
- 125 gms butter
- 4 cups sugar
- 2 tins condensed milk (397 gms each)
- 1 teaspoon vanilla

Place water, syrup and butter into a saucepan and heat. When dissolved add sugar, one cup at a time, stirring all the time. When mixture begins to boil add condensed milk and boil over low heat for 15 — 20 minutes stirring constantly. Remove from stove, add vanilla carefully without splashing. Beat for 2 minutes. Pour into greased swiss roll pan and cool. Cut into squares before it sets.

KAYSEE— (SEPHARDIC APRICOT SWEETS)

450 gms dried apricots

550 gms sugar

Place apricots in heavy saucepan, add water to just cover and simmer until soft. Drain away half the water. Add sugar and mix well. Place in blender or processor. Return to saucepan and boil, stirring vigorously until the mixture leaves the sides of the pan $\pm$ 35 minutes. Pour into rectangular ovenware dish and allow to set. Cut into squares. Keeps for months in air tight container.

MARSHMALLOWS

2 Tablespoons gelatine

Water

2 cups sugar

1 teaspoon vanilla

Cornflour

Icing sugar

Soak gelatine in 6 tablespoons cold water. Dissolve the sugar in 4 tablespoons water and boil until a little turns hard when dropped into cold water. Remove from heat and pour over gelatine. Beat 20 minutes in electric mixer. Add vanilla. Place in buttered pan with cornflour sprinkled thinly on the bottom. When firm cut into squares and roll in icing sugar.

PINEAPPLE PLETZLACH

2 pineapples

1 packet jelly

2 cups sugar

Grate pineapple and strain off all juices. Boil for 10 minutes. Add sugar and boil for another 10 minutes. Add jelly and boil for 10 minutes. Boil for another few minutes and simmer. Pour into a wet dish and allow to set. Cut into shapes and dip into icing sugar.

POMERANTZEN

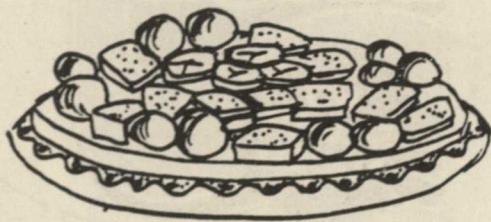
- 6 grapefruit or oranges
- 5 cups sugar
- 1/2 cup water
- 3 Tablespoons icing sugar
- 1/2 cup orange juice

Quarter fruit and peel off skin very carefully. Cover skins with water and cook until soft. Add sugar, juice, 1/2 cup water and allow to boil until sugar thickens — about 1/2 hour. Place skins on a wet board. Mix icing sugar with sugar mixture and beat well. Pour over the slices. Allow to cool.

RICE KRISPY CHOCOLATE

- 1 100gm slab milk or dark chocolate
- 1 1/2 cups rice crispies

Melt chocolate in doubler boiler. Add rice crispies and mix together. Drop teaspoonsful into small paper cup or onto greased paper. Place in fridge to set.



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PESACH



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PESACH

Pesach has been referred to as the "first organised flight for freedom from slavery". It is celebrated for 8 days, beginning on the eve of 14 Nissan to sunset on the 22 Nissan.

The holiday marks the culmination of much preparation by the Jewish housewife. The home has to be completely cleaned and scrubbed with special attention given to the kitchen to ensure that not even a morsel of leaven remains hidden or forgotten. All cooking utensils are changed for special Pesach ones.

The holiday begins with the Seder which means "order" on the evening of 14 Nissan. In all countries, except Israel, two Sedorim are observed. In Israel only one Seder is observed. During the Seder service, contained in the Haggadah, the story of the "Exodus" is told and embellished with chants and folklore in which all the family participate, especially the children. There is probably no other festival in the Jewish calendar that has so many associations with the family and the home. Pesach is fundamentally a feast of freedom. The word Haggada means "to tell" and since the "Exodus", generation after generation have faithfully observed the commandment "You shall tell it to your son on that day", so that the story that shows how Hashem redeemed his people from bondage would never be forgotten.

During the eight days of Pesach, meals vary from those of the rest of the year. No leaven may be eaten; this therefore excludes the use of baking powder, yeast, etc. These are replaced by the use of a) Matza meal; b) potato flour; c) matza meal flour. Ashkenazi Jews do not eat legumes, eg beans and peas or grains.

All manufactured goods must bear a special label, indicating that it has been specially prepared for Pesach. All other foods may be used in the same manner as any other times of the year. As long as a recipe does not contain any prohibited foods it may be used for Pesach.

PREPARATION FOR SEDER

The table, specially prepared for the Seder, is resplendent with snowy white cloth and silverware and candles. At the head of the table, where the person officiating (usually the head of the family) presides, a special plate (Keyarat Pesach) is placed which holds the Seder symbols, explained during the service, according to tradition and ritual:

MATZA: This is bread without yeast. When the Jews left Egypt they did not have time to let their dough rise. The 3 special Matzot on the Seder Plate are there to remind us of the unleavened bread that our forefathers carried with them out of Egypt. There are 3 Matzot to signify the Kohein, Levy and Israel. They also symbolize the covenant with our 3 forefathers, Abraham, Isaac and Jacob.

SHANKBONE (ZEROAH): Is symbolic of the Pesach lamb that was eaten on that first "Passover" when the Angel of Death "passed over" the homes of the Israelites. The bone is not eaten during the course of the meal. Many family observe the tradition of not eating any roasted foods during the Seder. A piece of poultry may be used ie. wing, drumstick, neck.

BITTER HERBS (MAROR): Is there to remind us of the bitterness of slavery. Most people use grated horse radish, (with no vinegar etc) others use Romaine lettuce.

GREEN VEGETABLES (KARPAS): Reminds us of the hard labour the Jews had to endure as slaves. They also remind us that the Jews wandering in the desert had no green vegetables which were even considered to be a luxury in Egypt!. The eating of Karpas also represents the hard labour inflicted on our people. Parsley may be used, or potato, celery, radish, onion.

THE ROASTED EGG (BETZA): Symbolic of mourning, is a token of grief for the destroyed temple. It reminds us that the freedom which our ancestors obtained when they left Egypt, did not last forever. The egg is unlike other food, the longer it cooks the harder it gets, just like the Jewish people, despite all their persecutions they have remained strong. We eat the egg in a dish of salt water which represents the tears of the children of Israel.

THE AFIKOMAN:

Is the piece off the middle matza on the Seder plate. The smaller piece is left in its place, while the larger one is hidden. The children play a game of finding the lost matza and then bargain after dinner with the head of the table who must comply with the demands so as to get the Afikomen back in order to proceed with the Seder.

FOUR CUPS OF WINE: Hashem used four different expressions when promising to deliver the Jewish people and so we drink four cups of wine.

ELIJAH'S CUP: Is filled to the brim and is set on the Seder Table. It represents our belief that Hashem will redeem us.

KOREI'ACH: In memory of the method that Hillel (one of our sages at the time of the Beit Hamikdash) ate Matza and Maror at the Seder, we too, make a sandwich of Matza and Maror.

* * * * *

CHAROSET

1/2 cup almonds
1/4 cup walnuts
1 Tablespoon sugar
1 cup grated apple
1/4 teaspoon cinnamon

Chop all together and add enough wine to combine into a paste. Add 2 or 3 cinnamon sticks.



SOUP ACCOMPANIMENTS

LIGHT KNEIDELACH

- 2 eggs
- 4 Tablespoons chicken fat
- 1 cup matza meal
- 1/4 to 1/2 cup water
- 1 teaspoon salt
- Dash of ginger or cinnamon

Combine eggs, fat and matza meal and beat well. Add water and salt, stirring to make a stiff batter. Add seasoning. Cover and chill in fridge for at least 2 hours. About 1/2 hour before serving, wet hands to prevent balls sticking and form small balls. Drop into salted boiling water or chicken soup. Cover and cook for 1/2 hour. Serve with clear soup or as a substitute for potatoes.

Serves 2 — 4

Variation: Add marrow, chopped parsley, chopped liver or chopped nuts to batter before chilling.

KNEIDELACH (Basic Recipe)

- 2 eggs separated
- 1/2 cup matza meal
- 1/2 teaspoon salt

Beat egg whites and yolks separately. Combine, adding salt and matza meal gradually while stirring till smooth. Refrigerate for 30 minutes before forming into small balls with a teaspoon or by rolling in the palms of ones hands. Drop one by one into boiling clear soup. Cover and cook at a slow boil for 20 minutes.

Variation:

1. Add a pinch of ginger to the mixture.
2. Add 2 tablespoons chopped liver just before forming into balls.
3. Add 2 tablespoons finely chopped parsley.
4. Add 1 tablespoon uncooked or cooked beef marrow to the mixture, with or without chopped parsley.
5. 1 tablespoon finely chopped nuts and a pinch of cinnamon or ginger.
6. Half of a blanched almond tucked into each ball makes a welcome surprise.

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GRATED POTATO KNEIDLACH

- 3 large raw potatoes
- 1 cup cooked mashed potatoes
- 2 eggs
- 2 Tablespoons schmaltz
- 1/2 teaspoon salt
- Dash of pepper or cinnamon
- 1/2 cup matza meal
- 1 Tablespoon onion juice

Peel and grate potatoes. Combine with the rest of the vegetables, mix thoroughly. The mixture should be firm enough to form into balls. More matza meal may be added if necessary. Shape into balls the size of an unshelled walnut and drop into rapidly boiling salted water. Cook for about 1 hour over a moderate heat after the last ball is dropped in. Drain and serve with clear soup or as a dumpling in a stew.

Serves 6 — 8

CHREMSLACH

- 3 Tablespoons schmaltz
- 2 egg yolks
- 3 egg whites
- Salt
- 5 Tablespoons water
- Matzo meal, enough to make soft dough

Mix all ingredients together, wet hands and pat dough into round shapes. Put filling inside. Bake on greased baking sheet in hot oven 220°C (450°F) until light brown.

FILLING:

- 1 egg yolk
- 1 Tablespoon schmaltz
- A little cinnamon
- Pinch salt

Mix together.

NOODLES FOR PESACH

2 eggs
Pinch salt
2 tablespoons matza meal

Beat up eggs, add salt and matza meal. Melt a little fat in a frying pan and pour in a little mixture. Cook on both sides, roll up each pancake. Slice finely. Drop into boiling soup.

MEAT BLINTZES

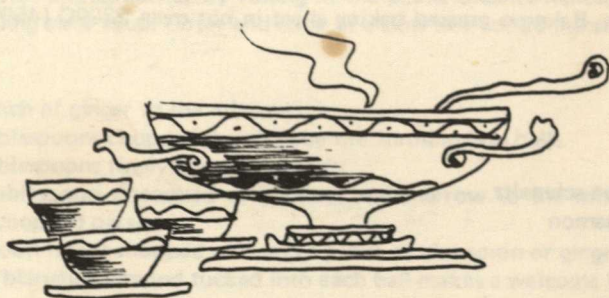
Batter:

2 eggs
1 cup water
3/4 cup potato flour and cakemeal mixed
Salt to taste

Beat eggs, water and salt together. Gradually add cakemeal and potato flour mixed to make smooth thin batter. Heat small frying pan. Brush with fat very lightly and pour small quantities of batter to cover bottom of pan very thinly. When edges dry turn onto cloth fried side up.

FILLING:

Use left over soup meat, mince or chicken, seasoned to taste. Spread filling over surface evenly. Tuck in ends and roll up. Brown in a little oil. Serve with soup or as a main meal.



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MAIN COURSE

POT ROAST TURKEY OR CHICKEN

- 1 young turkey
- Ginger, salt and pepper to taste
- 2 large sour apples
- 1 lemon
- 2 onions
- 6 prunes (optional)

Rub bird well on outside with seasoning and lemon juice. Place onion, peeled, cored apples and optional prunes inside bird. Wrap carefully in tin foil, sealing well and place on baking tin at 200°C (400°F) and leave for 1 hour. Lower heat to 180°C (350°F) and allow to cook for further 2 hours.

CHICKEN IN LIQUI-FRUIT

- Chicken thighs
- 1 packet telma chicken soup
- 1 large apricot liqui-fruit

Sprinkle bottom of pyrex dish with soup. Place chicken in dish, pour more powdered soup on top. Pour liqui-fruit over so that it covers the chicken. Bake at 180°C (350°F) for 2 hours.

BEEF POT ROAST (Non-fatty)

- 2.5 kg shoulder cut or middle chuck
- 2 cloves garlic
- 1/4 teaspoon salt
- Dash of pepper
- 3 onions finely grated
- 2 carrots cut lengthwise

Rub the meat with garlic and seasoning. Place in pot on stove and put in carrots, tomatoes and onions. Cook over medium heat. When liquid begins to boil reduce heat and simmer for about 6 hour until meat is tender and juicy. Keep adding water sufficient to make a thick gravy. Towards the end of 6 hours add 1 - 2 beef cubes to taste.

Serves 8

FLAUMEN TZIMMES

1,5 kilo brisket or flank
2 large onions
20 prunes
500 gm potatoes
2 Tablespoons syrup
juice of half lemon
salt and pepper

Cut off excess fat from the brisket and boil brisket with cut up onions, salt and pepper. Boil for about 2 hours adding more water if necessary. Add potatoes until half done. Add well washed prunes, with syrup (liquid should cover completely). Place in moderate oven 180°C (350°F) and bake slowly for 1 1/2 hours, basting when necessary.

VARIATION:

Kneidlach may also be added. The following recipe is for quick kneidlach, but any recipe may be used.

2 eggs
2 Tablespoons shmaltz
salt and pepper
matza meal

Beat eggs well. Add shmaltz and seasoning. Add enough matza meal so that small balls can be made from the mixture. Do not allow to stand, add immediately to the meat.



TZIMMES

- 2 bunches carrots, peeled and sliced in 1 cm thick slices
- 1/2 teaspoon salt
- 3/4 cup syrup
- 1 Tablespoon lemon juice
- 3 Tablespoons soup
- 3 Tablespoons matza meal

Cook carrots in boiling water for 8 – 10 minutes until tender. Remove water and add salt, syrup, lemon juice. Simmer gently for 20 minutes. Adjust water as necessary. Add matza meal and soup, mix in. Cook for 5 minutes longer. Place in shallow casserole dish and place under grill to brown before serving.

VARIATION:

Add kneidlach and let this brown together with tzimmes before serving.

QUATJADO DI VARNE

This Sephardic meat pie is eaten after the Seder Meal

- 1 kilo mince meat
- 3 Tablespoon olive oil
- 6 eggs
- 2 tomatoes, skinned, deseeded and chopped
- 3 Tablespoons chopped parsley
- 3 sheets matza
- Salt and pepper

Fry mince in oil, stirring constantly. Add tomatoes and water and cook 30 minutes. Cool. Soak matzot in water till soft, then squeeze slightly. Separate eggs. Mince meat, matzot, parsley, egg yolks, salt and pepper. Fold in stiffly beaten whites. Place meat into well oiled pyrex dish and bake at 180°C (350°F) for 30 minutes. Serve with hard boiled eggs.



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DESSERTS & BAKING

GERMAN MATZAH SHALLOTH

- 6 pieces matza
- 4 egg yolks and 4 egg whites
- 1 Tablespoon sugar
- 1/4 teaspoon cinnamon
- 1/4 cup sultanas or raisins
- 1/4 cup nuts

Crush matza and add sugar, yolks, cinnamon, fruit and nuts. Beat egg whites until stiff and fold into matza mixture. Place in greased ovenware dish and bake at 180°C (350°F) for 1 hour.

DATE PUDDING

- 3/4 cup sugar
- 1 cup matza meal
- 3 eggs separated and beaten
- 1/2 cup chopped nuts
- 250 gm dates cut and chopped fine

Mix sugar, matza meal, yolks, nuts and dates. Beat egg whites until stiff and fold in. Turn into a well greased ovenproof dish. Place dish in a pan of water and bake at 180°C (350°F) for 45 minutes. Serve with a fruit sauce.

Serves 8

TEIGLACH

- 10 eggs less 5 whites (beat very well)
- 2 Tablespoon oil
- 1 rounded Tablespoon self-raising flour
- 230 gm cake meal
- 900 gm syrup
- 10 ml ginger
- 2 1/2 cups sugar
- 2 syrup tins water

Mix eggs, oil, ginger, flour and cake meal and roll into rounds with a hole in the middle. In a large pot, pour syrup, water and sugar. Bring to the boil. Drop in teiglach and allow to boil with lid on for 30 minutes. Stir well reduce heat slightly and let boil for a further 3/4 — 1 hour, stirring every 10 minutes.

LIQUI FRUIT PUDDING

- 1 packet kosher orange jelly
- 2 cups orange Liqui fruit juice
- 1 packet Orley Whip

2 pkts jelly.
1 pkt. liqui
2 orley whip (beaten)
(no water) X

Make jelly with 1 cup water and add 2 cups Liqui fruit to jelly and bring to the boil. Cool. Add Orley whip and place in fridge to set.

MATZA MEAL PUDDING

- 2 Tablespoon sugar
- salt
- cinnamon
- 2 cups matza meal
- 2 Tablespoons shmaltz or parava margarine
- 1 apple, grated
- 2 eggs

X

Soak matza meal in 1 cup of water. Mix all ingredients together and pour into a well greased ovenware dish. Bake at 180°C (350°F) till lightly browned.

BEOLAS — Popular dish of Jews who lived in North Africa

- 2 Tablespoons ground nuts
- 1 cup matzo meal
- 6 eggs well beaten
- Oil for frying
- Few drops orange essence
- Grated rind of one orange
- 3 Tablespoons honey

Mix the ground nuts with matzo meal and well beaten eggs. Drop spoonfuls of the mixture into hot oil and fry until golden. Drain on paper. Add orange essence and/or orange rind to the honey. Place a toothpick in each ball. Pour honey over balls.

GRATED APPLE PUDDING

- 6 large apples
- 8 eggs separated
- 1/2 cup fine matza meal
- 1/4 teaspoon salt
- 1 lemon, grated rind and juice
- 1/4 cup chopped almonds

Grate apples and add beaten egg yolks. Stir in matza meal and salt. Add rind of lemon and juice. Stir well before adding stiffly beaten egg whites. Add nuts. Bake in an ungreased springform tin for 30 minutes at 180°C (350°F) until nicely brown.

VARIATION:

Add 1 cup shredded coconut instead of nuts. Serve with orange sauce.

SAUCE:

- 1 cup sugar
- 1 cup water
- 2 Tablespoons lemon juice
- 2 eggs separated
- Dash of salt

Combine sugar, water and lemon juice and bring to the boil to form a syrup. Cook for 5 minutes over moderate heat. Beat egg yolks in a double boiler and stir in the hot syrup until smooth. Place over boiling water and cook for 15 minutes stirring occasionally, till thick and creamy. Beat egg whites (add salt) till stiff but not dry. Fold into sauce.

VARIATION:

1. For lemon sauce increase lemon juice to 1/4 cup and add a teaspoon lemon rind.
2. For orange sauce, add 4 tablespoons orange juice and 1 teaspoon orange rind before folding in egg whites.
3. For 'milchik' dessert add 3 tablespoons butter to basic recipe while warm.

PESACH TEIGLACH

7 eggs — take off 2 whites
1 teaspoon sugar
2 Tablespoons oil
1 teaspoon ginger
cake flour (approx. 250 gm)
pinch salt

Beat eggs and sugar very well, add oil and continue to beat. Add ginger and gradually add cake meal until dough is of rolling consistency. Roll on floured board into desired shapes.

SYRUP

Bring the following ingredients to boiling point in a large pot.

1 kilo syrup
3 cups water
4 cups sugar

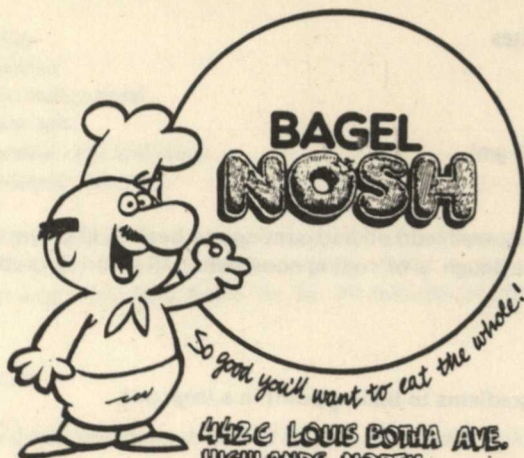
When syrup is boiling put all teiglach in at once. Cover pot and cook on high for 15 minutes. Lift lid and give a quick, but good stir. Replace lid wipe moisture off lid. Reduce heat.

Boil for a further 1 — 1 1/2 hours. When brown, remove pot from stove and pile teiglach on a board.

BIRMWELOS DE MATZOT

1 matzo
3 eggs
2 tablespoons grated cheese
Salt and pepper

Soak matzos in water, squeeze and crumble into a bowl. Add very well beaten eggs, cheese, salt and pepper. Drop spoonfuls of mixture into hot oil and fry. Serve with honey and grated cheese.



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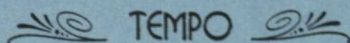
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YOM HA'AZTMAUT

Israel's Day of Independence comes on the 5th Iyar. The establishment of the Jewish State in May 1948 was the realisation of 2000 years of hope to return to the Land of Israel and live there as free people. After Israel achieved Statehood, Jews from more than 70 countries settled in Israel to take part in the unique experience of building their own country.

Yom Ha'atzmaut is celebrated throughout Israel with throngs of people parading in the streets, dancing and singing. The Israeli flag is to be seen everywhere and everyone relives the excitement of the Declaration of Independence.

There are no traditional foods exclusively for Yom Ha'atzmaut as yet, although a typical everyday cuisine is emerging. Israeli cooking tends to be multi-flavoured incorporating the various culture habits and food preferences of her immigrants. Jews from Europe brought spicy Hungarian dishes, heavy — German style meals, Viennese pastry; The Mediterranean people added Hummus, Tahinah, Pita, falafel, baklava. All were adapted to the Israeli kitchen.

Israel's natural resources also influence the national menu. A scarcity of meat, an abundance of fresh fruit and vegetables, fish, poultry and dairy produce account for the many healthy, vitamin rich dishes which are to be found. The Israeli way of life is informal and meals are seldom formal affairs. An Israeli housewife prepares many salads of cooked and raw vegetables. A simple one which is widely enjoyed consists of every seasonal vegetable one can lay one's hands on, chopped and seasoned with lemon juice, olive oil, salt and pepper.

DIPS AND STARTERS

TECHINA

1 cup sesame seed paste
2/3 cup water
1/3 cup lemon juice
2 garlic cloves mashed
1 teaspoon salt
pinch pepper
1/4 teaspoon paprika

Blend sesame seed paste with water and lemon juice. Add garlic and other seasonings. The paste may turn white and separate, do not worry when the lemon juice is added the paste will become smooth. If the paste is too dry add more water. The end result should be the consistency of mayonnaise.

When techina is ready, place in a bowl and sprinkle with paprika.

HUMMUS

This piquant appetizer was introduced to the nation by Middle — Easterners and is now enjoyed by all Israelis, regardless of their place of origin.

For 3 1/2 cups

1 cup (250 gm) dried chick peas
available from health counters
3 Tablespoons lemon juice
2 garlic cloves, mashed
1/2 cup techina or sesame seed paste
3 Tablespoon olive oil

Cover beans with water and soak overnight in a large pot. They will soften slightly and double in volume. Drain the beans, rinse and cover again with water, adding 2 teaspoons salt. Cover pot and bring to the boil, reduce heat and simmer for about 1 1/2 hours, or until tender. Drain and grind beans in a mincer or food processor. Add the other ingredients and mix well. Taste and correct seasoning if needed.

Serve with pita bread.

PICKLE DIP

A tangy spread eaten with pita.

- 1 cup mayonnaise
- 1/2 cup finely chopped pickles
- 1 Tablespoon dehydrated onion flakes
- 2 Tablespoon mustard
- pinch pepper

Mix all ingredients together. Place in a bowl and refrigerate until needed.

EGG PLANT — TECHINA DIP

- 1 large eggplant
- 1/4 cup techina
- 1/2 cup lemon juice
- 1 clove garlic
- 1 teaspoon salt
- freshly chopped parsley

Rinse and dry eggplant. Bake whole at 180°C (350°F) for 30 minutes or until eggplant is soft to the touch. Dip into cold water to peel easily. Place in a blender and mix, slowly add the techina alternating with the lemon juice. Crush the garlic and add with salt to the mixture. Season to taste.

To serve: place in a shallow dish sprinkle with chopped parsley.

EGGPLANT RELISH

- 1 medium eggplant — GILI quality vegetables
- oil
- 1 cup tomato sauce
- 1 cup boiling water
- 1/3 cup vinegar
- salt
- paprika
- 1 chopped red or green pepper — GILI quality vegetables is best.

Thinly slice unpeeled eggplant and fry in oil until light brown. Cool. Combine remaining ingredients and pour over cooled eggplant. Chill for at least 24 hours. Serve as a relish or as a vegetable.

FALAFEL

500 gm canned, cooked chick peas
or 500 gm fresh chick peas cooked
1 large onion cooked
2 Tablespoon finely chopped parsley
1 egg
1 teaspoon dried red peppers
1 teaspoon garlic
1 teaspoon cumin
1/2 — 1 cup breadcrumbs
1 teaspoon salt
sunflower oil

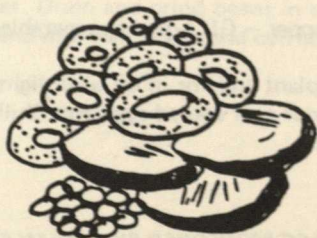
Mix chick peas and onion. Add parsley lightly beaten egg and spices. Place in blender and mix well. Add breadcrumbs until mixture will form into small balls without sticking to your fingers. Form mixture into balls 2 cm diameter, flatten the patties slightly before frying them. Fry until golden brown drain on a paper towel.

Serve with tooth picks or inside a pita.

PITA

25 gm fresh or 2 packets dry yeast
1 teaspoon salt
4 cups flour
1 teaspoon sugar
1 1/2 cups lukewarm water

Dissolve yeast in lukewarm water with sugar. Stir flour and salt and add to yeast mixture. Mix well and knead. Divide into 20 small balls. Roll thin on floured board, cover and set to rise in warm place for 1/2 hour. Place on cookie sheet and bake in 250°C (500°F) oven for a few minutes until they puff up.



BUREKAS CHEESE PIE

DOUGH

- 150 ml oil
- 1 1/2 cups iced water
- 1/2 teaspoon salt
- flour — enough to make a firm dough
- 150 ml grated cheese (optional)

Mix the oil, water, cheese and salt. Add flour and knead. Shape into small balls the size of a walnut, and allow to rest for 15 minutes. Roll out each ball thinly and place 1 teaspoon filling into the centre and fold over like a jam turnover. Arrange on a greased baking tray. Brush with beaten egg and bake at 200°C (400°F) for 25 minutes.

Variation: Divide dough in half and roll out into a large rectangle. Cut into 10 cm squares. Place a tablespoon filling in each square. Fold over to form a triangle. Pinch edges together with a fork, brush with beaten egg and sprinkle with sesame seeds.

Variation: Divide dough in half and roll out thinly. Cut into 10 cm x 12 cm rectangles. Place 2 heaped tablespoons filling in centre cover with another rectangle pastry. Place in hot greased snackwich machine.

FILLING

- 250 gm grated cheddar cheese
- 250 gm cottage cheese (lumpy variety)
- 1 egg
- 1 beaten egg (for brushing over pie)
- sesame seeds

Mix cheeses and egg. Season to taste.

NOTE the prepared Burekas may be frozen before baking.

HOT CHEESE BALLS

500 gm grated yellow cheese

1 egg

1/2 cup soft margarine

flour

salt

paprika

Mix together the grated cheese, egg, margarine and enough flour to make a stiff dough. Drop teaspoonsfuls onto an ungreased baking sheet. Sprinkle with paprika and a little salt. Bake at 180°C (350°F) for 12 minutes. May be frozen before baking.

ICED CUCUMBER SOUP

A favourite in Israel during the hot summer months.

1 large cucumber, unpeeled (use GILI quality vegetables)

1 cup of cream

1/2 cup yogurt

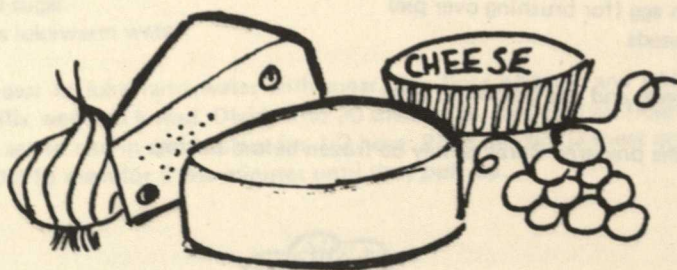
2 Tablespoons vinegar

1 clove garlic, crushed

salt and pepper

2 Tablespoons chopped fresh mint

Coarsely grate cucumber into a bowl. Add cream, yogurt and garlic and mix well. Season with salt and pepper. The soup may be blended in a machine if a smoother texture is required. Chill well before serving and stir in mint.



SALADS

CUCUMBER IN YOGURT OR SOUR CREAM

- 1 GILI quality cucumber
- 125 ml yogurt or sour cream
- 2 teaspoons lemon juice
- 2 teaspoons vinegar
- 2 teaspoons sugar
- Ground black pepper
- Pinch salt
- 2 teaspoons chopped mint (optional)

Peel cucumber and slice thinly. Sprinkle with coarse salt, cover with plate and weight and leave for 1/2 hour. Drain off liquid and pat dry. Arrange in a shallow dish. Beat yogurt with seasoning and pour over cucumber. Garnish with chopped mint.

Serves 6.

EGGPLANT SALAD WITH MAYONNAISE (HAZILIM)

- 1 medium GILI quality eggplant
- 1/2 cup or more mayonnaise
- 6 garlic cloves
- 1 medium onion
- 1/2 teaspoon salt
- 1/4 cup lemon juice

Burn eggplant on top of the stove. (if you don't have a gas stove, bake in oven until tender). When skin is charred and the eggplant tender, peel and place in blender with remaining ingredients. Whip until blended. Correct seasoning to taste. Serve as a dip or on crackers.

FRIED EGGPLANT SALAD (HAZILIM)

- 1 large firm GILI quality eggplant
- 1 chopped onion
- 1 Tablespoon chopped parsley
- French dressing
- few slices tomato

Peel eggplant and slice thinly. Fry slices in hot oil until just golden, drain well. Arrange slices neatly in a shallow bowl and garnish with sliced onion, parsley and tomato. Pour over French dressing, but leave out the oil as the eggplant already has been fried in oil.

MAIN COURSE

VEGETARIAN "CHICKEN LIVER"

- 1 large GILL quality eggplant
- 1/2 cup flour
- Oil for frying
- 1 medium onion
- 1 garlic clove
- 3 hardboiled eggs
- 1 teaspoon salt
- Dash pepper

Peel the eggplant and cut in 1 cm slices. Sprinkle with salt and let stand in the sun for about 20 minutes to draw out the bitterness. Drain the liquid that accumulates and wash the slices under cold running water. Pat dry with paper towels. Sprinkle with flour. Heat 1 cm oil in large skillet and fry eggplant in slices until dark brown on both sides. Remove from skillet and blot excess oil with paper towels. Mince the onion and garlic. Fry in the remaining oil until just golden brown. Remove from skillet. Put eggplant through a meat grinder or food chopper with the onions and eggs. Combine in a bowl (you may chop all ingredients on a bread board with a sharp knife). Add salt and pepper and mix well. Chill in the refrigerator, garnish before serving with chives, parsley, sliced tomatoes and sliced hardboiled eggs.

BAKED CARP WITH SOUR CREAM

- 1 kilo carp
- 1 sliced onion
- 1 cup sour cream
- 1 Tablespoon paprika
- salt and pepper
- 3 Tablespoons melted margarine

Clean carp and place fish in a greased baking dish. Top with onions. Combine sour cream and seasonings and pour over fish. Bake at 160°C (325°F) for 1 hour basting frequently with melted margarine.

FRIED SCHNITZEL AND HOT SAUCE

- 2 slices turkey or chicken schnitzel
- 2 eggs
- Breadcrumbs
- oil
- 2 teaspoons lemon juice
- 2 teaspoons horseradish
- 2 teaspoons catsup
- Salt and paprika

Cut turkey or schnitzel into slightly larger than bite size pieces. Beat eggs in one bowl. Pour breadcrumbs into a second dish or bowl. Dip schnitzel pieces first into egg and then coat well with bread crumbs. Heat oil in frying pan. Fry schnitzel until brown sprinkling liberally with paprika on each side while cooking. Meantime, mix lemon juice, horseradish, catsup and salt into sauce. If not serving schnitzel immediately, keep it warm on a plate in the oven and refrigerate sauce. Serve schnitzel with sauce.

MIDDLE EAST FRIED CHICKEN

- 1 chicken cut up into portions
- 2 teaspoons salt
- pinch pepper
- 1/4 cup soya sauce
- 1 cup flour
- 1/2 cup oil
- 1/4 cup wine
- 1 cup hot water
- 1 chicken cube
- 1 onion chopped finely

Sprinkle chicken with salt and pepper, and dip soya sauce, and rub well. Heat up oil in frying pan. Roll chicken in flour and fry in hot oil until golden brown. Remove chicken and place skin side up in a baking dish. Mix wine, hot water, bouillon cube and ginger and pour over top. Bake at 180°C (350°F) for 1 hour basting frequently.

JAFFA CHICKEN

2 chickens cut into serving portions

1 1/2 cups orange juice

1 cup white wine

1 onion sliced

1 celery stalk, cut up

1 sliced carrot

1 1/2 teaspoons salt

pinch pepper

1 teaspoon paprika

3 Tablespoons oil

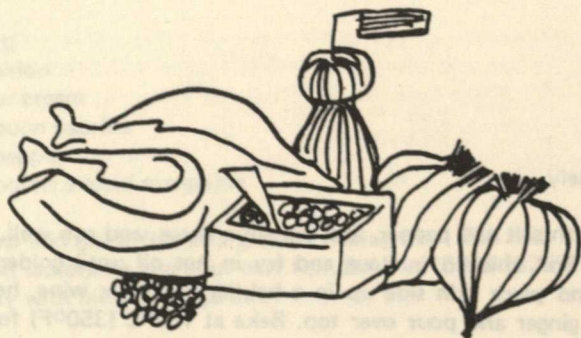
1/2 cup raisins

1 teaspoon cumin

2 oranges, sectioned

1/2 teaspoon grated orange peel

Combine orange juice, wine, vegetables and seasonings, except cumin in a big shallow roasting pan. Marinate the chicken portions in it for 1 hour, turning occasionally. Remove portions from marinade and wipe dry with paper towel. Heat oil in frying pan and lightly fry portions. Return to the marinade placing skin side down. Cover pan and bake for 1 hour at 180°C (350°F). Remove cover and turn the chicken, skin side up. Bake uncovered for 20 minutes or until nicely browned. Remove chicken, orange sections and raisins to a heated serving plate. Strain gravy into small saucepan add grated orange peel, and boil until gravy thickens, about 7 minutes. Pour over the chicken and serve warm.



STUFFED EGGPLANT

This is a favourite dish of Jews coming from Egypt.

3 large GILI quality eggplant
oil
flour for coating
1 egg, beaten
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon paprika

STUFFING

500 gm raw minced meat
4 level Tablespoons uncooked rice
fried eggplant

Cut eggplant in half and scoop out the flesh, leaving 5 cm on the skin. Sprinkle the shells with salt. Chop up the flesh (and add rice) and fry in a little oil till soft. Add the flesh to the meat and mix. Place the mixture into the skins which have been washed out and dried. Dip each stuffed eggplant into flour and brown in oil.

Arrange the browned eggplants in an ovenproof dish.

SAUCE

1/2 onion
375 gm canned tomatoes
3 Tablespoons brown sugar
3 Tablespoons lemon juice
1/2 teaspoon salt
pinch pepper
little chicken stock, if necessary

Fry onions in the same oil as the eggplant. Add remaining ingredients, stirring all the time. When the sauce begins to bubble, pour it over the vegetables. They should be just submerged, if not, top up with a little stock. Cover the dish and cook at 180°C (350°F) for half an hour, then turn oven down to 150°C (300°F) and cook for a further 2 hours. When the eggplant is ready, they will have absorbed most of the sauce, leaving just enough to pour over each eggplant when it is served.

Serves 6.

MOUSSAKA

500 gm GILI quality eggplant (peeled)
oil
500 gm minced meat or lamb
1 cup chopped onions
2 Tablespoons tomato paste
3 Tablespoons red wine or tomato juice
breadcrumbs
2 Tablespoons chopped parsley
dash cinnamon
1 clove garlic chopped
salt and pepper

3 eggs
2 tomatoes sliced

Peel and cut the eggplant in 1 cm slices. Lay slices on foil and sprinkle with salt. Let it stand for 1 hour, then rinse in water and pat dry with paper towel. Sauté slices in oil until golden brown. Drain off excess oil.

In a large frying pan heat 2 tablespoons oil and sauté meat and onions till brown. Add the tomato paste, wine or tomato juice, parsley, cinnamon, garlic, salt and pepper, and simmer over moderate heat, stirring constantly until all juice has been absorbed.

In a greased 22cm x 22cm baking dish, arrange the eggplant slices. Cover with a layer of meat, then cover with the rest of the eggplant.

Beat the eggs, pour them over the meat and eggplant. Arrange the tomatoes on top and sprinkle with a layer of breadcrumbs. Bake at 180°C (350°F) for 35 minutes.

Serves 4

This dish will improve if kept standing 1 day. Reheat before serving.

Variation: Instead of pouring beaten egg in the last stage, a bechamel sauce may be prepared and poured over the layered meat and aubergines.

BECHAMEL SAUCE

- 1,25 litres chicken stock using cubes
- 100 gm cornflour mixed with a bit of stock to form a liquid
- 100 gm parava margarine
- 75 ml sherry
- 4 egg yolks
- 1 teaspoon nutmeg

Put cornflour in a bowl with 6 tablespoons chicken stock and mix to a thin cream. Bring remaining stock to the boil and pour onto cornflour, stirring constantly. Return to the pan and allow to bubble for three minutes, then add margarine sherry and nutmeg. The sauce should now be thick and shiny. In cornflour bowl beat the egg yolks and add to the hot sauce, stirring all the time.

LAMB OR BEEF SHISH—KEBAB

Marinade

- 1/2 cup dry red wine
- 1/2 cup olive oil
- 2 cloves garlic chopped finely
- 1 large onion, chopped
- 2 Tablespoons vinegar
- 1 Tablespoon salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoon oregano

Combine all ingredients in a large bowl.

MEAT

- cubed beef or lamb
- button mushrooms
- quartered tomatoes
- quartered onions
- chunks of green pepper — GILI quality vegetable

Add meat to the marinade and refrigerate, overnight. Remove meat from marinade and arrange on skewers with mushrooms tomato, onion and green pepper. Grill meat in oven or on a braai basting occasionally with remaining marinade.

BRAISED MEATBALLS AND RICE

Unlike Ashkenazi Jews, Sepharadim use a lot of rice in their cooking. In fact during Pesach Sephardi families eat rice, whereas Ashkenazim consider it one of the forbidden foods. These two independantly-developed cultural strains now exist side by side in Israel.

- 500 gm minced meat
- 2 slices bread (soaked in water and squeezed out)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons soya sauce
- 3 Tablespoons oil
- 1 garlic clove, chopped
- 1/2 cup cornflour
- 125 gm fresh mushrooms, chopped
- 1/4 teaspoon ginger
- 1/2 beef bouillon cube
- 3 onions sliced

Mix meat, bread, salt, pepper and soya sauce together in a bowl. Shape into walnut sized balls and roll in cornflour. Heat oil in a frying pan and brown the meat balls. Add garlic and mushrooms and cook over a low heat for three minutes. Pour off the oil and stir in the ginger, beef cube and 3/4 cup boiling water. Cook over a low heat for 25 minutes.

Serve over rice.



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CAKES

YOGURT AND CINNAMON CAKE

125 gm butter
250 ml yogurt
1 cup sugar
3 teaspoons cinnamon
1 1/2 cup flour
1 egg
1 1/2 teaspoon baking powder
pinch salt

Melt butter. Add sugar, stirring with a wooden spoon. Add flour and mix well. Take off 2 tablespoons of this mixture and reserve for topping. Add yogurt, egg cinnamon, and salt to the rest of the mixture and mix well. Add baking powder. Pour into a greased pie dish. Sprinkle with reserved butter and flour mixture. Bake at 180°C (350°F) for 30 minutes, on lowest shelf in oven.

TUPESHTEE — AN EGGLESS CAKE

7 Tablespoons margarine
1/2 cup oil
1 cup sugar
1 cup water
3 1/2 cups flour

6 tablespoons cinnamon or

6 Tablespoons cocoa and 1 teaspoon vanilla essence and reduce flour by half a cup raisins and nuts if desired

SYRUP:

1 cup sugar
1/2 cup water
1 1/2 teaspoon lemon juice
chopped nuts (if desired)

In a large saucepan, combine the margarine, oil, sugar and water. Bring to the boil and simmer for a few minutes. Add the remaining ingredients and mix well. Spread in a pan and run knife through diagonally, to form triangles. Bake in a greased pan, 22 cm x 33 cm, at 180°C (350°F) for 20 — 25 minutes. In a small saucepan combine 1 cup sugar and 1/2 cup water. Bring to the boil and remove from heat. Add the lemon juice. Sprinkle chopped nuts over the baked cake, then pour over the hot syrup. Slice again if necessary.

SOUR CREAM COFFEE CAKE

- 125 gm margarine
- 1 cup sugar
- 2 eggs
- 1 cup sour cream or yogurt
- 1 teaspoon vanilla essence
- 1 teaspoon bicarb
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking powder

FILLING

- 1/2 teaspoon cinnamon
- 1/2 cup sugar
- 1/2 cup chopped nuts

Cream margarine and sugar together until light. Add eggs, sour cream, vanilla essence and bicarb. Mix well. Sift flour salt and baking powder and add to the mixture. Spread half the batter in a well greased tube pan. In a small bowl mix cinnamon sugar and nuts. Sprinkle half the filling on batter. Cover with remaining batter and sprinkle remaining cinnamon on top. Bake at 180°C (350°F) for 40 minutes.

VARIATION: Pour all the batter into pan. On top pour some chocolate syrup. With a knife, cut chocolate into batter and bake as above.

RUM CHOCOLATE BALLS

- 4 squares cooking chocolate
- 2 Tablespoons cocoa
- 1/2 cup liquid, either water or brandy or half of each
- 1 cup sugar
- 9 Tablespoons margarine
- 3 egg yolks
- 3 1/2 cups crushed Marie biscuits
- 1 teaspoon rum extract
- raisins
- coconut

In a large saucepan, combine chocolate, cocoa, liquid and sugar. Bring to the boil while stirring constantly. Remove from heat and add margarine, mixing well. Add 1/4 mixture to the beaten egg (slowly to prevent curdling). Add this mixture to the remaining chocolate mixture in saucepan and mix well. Add crushed biscuit, rum and raisins. Cool in fridge. Form into small balls and roll in coconut. Attractive if served in fluted paper cups.

ISRAELI CHOCOLATE CAKE

200 gm butter
1/3 cup cocoa
1 cup water

Melt these ingredients in a pot and set aside.

2 cups flour
1 cup sugar
1 teaspoon baking powder
1 teaspoon bicarb
2 eggs
3/4 bottle plain yogurt or sour cream
1 1/2 teaspoon vanilla essence

Mix all dry ingredients together in a bowl. Make a well in the centre and put in the remaining ingredients, including the hot chocolate mixture. Mix with a wooden spoon and pour into a greased pyrex dish. Bake at 180°C (350°F) for 30 minutes.

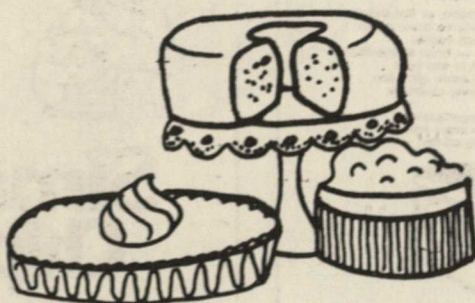
After cake has cooled for 25 minutes pour over the following:—

50 gm butter
2 — 3 teaspoon cocoa
1/4 bottle yogurt.

Melt all ingredients together in a saucepan. Take off the stove and add in 100 gm icing sugar.

Pour hot over cake.

This is a moist cake.



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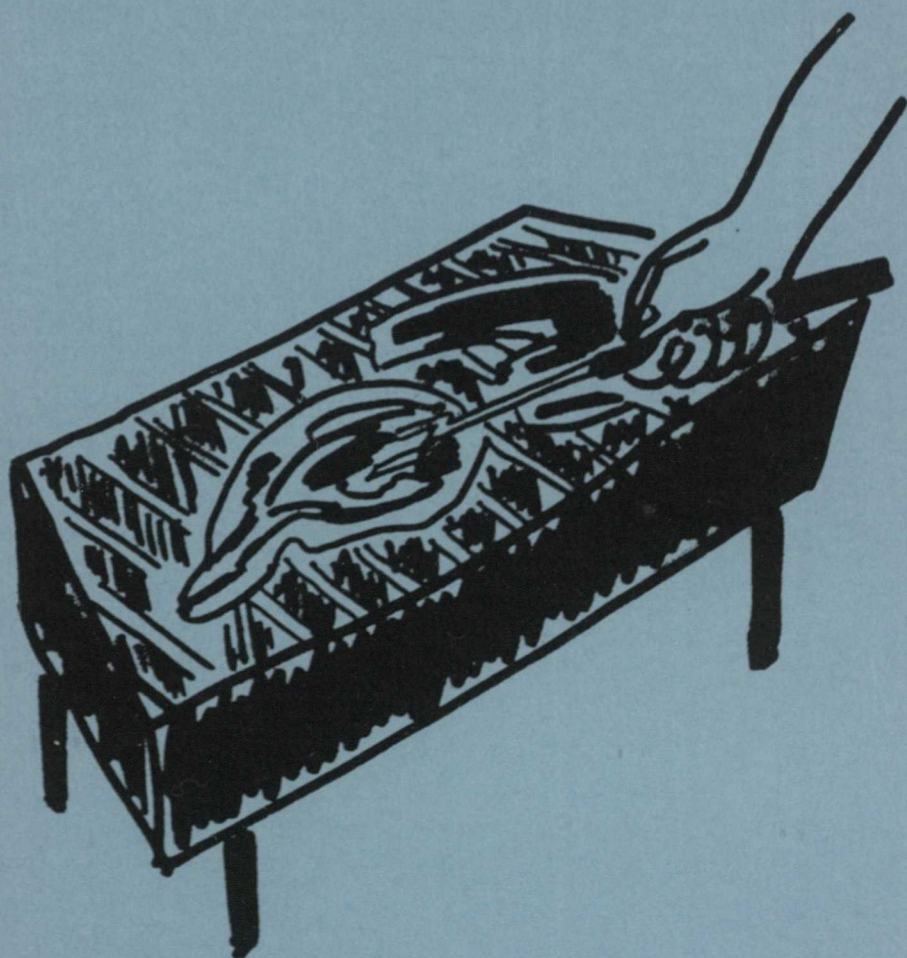
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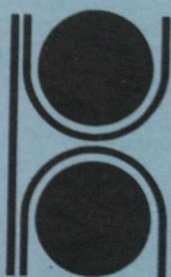
LAG B'OMER



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LAG B'OMER

The counting of the Omer (Sefirat Omer) begins on the second day of Pesach and ends with Shavuot (meaning weeks). During these 49 days, or 7 weeks Jews count each day in expectation of the receiving of the Torah. During the course of time the Jews were persecuted and many people gave up their lives for their belief. Many unfortunate events took place during the Sefira days. These days have thus become days of mourning. No hair may be cut, no marriage may take place, no concerts nor dances may be held.

However, on Lag B'Omer the 33rd day of the counting of the Omer, corresponding to the 18 Iyar, all rules of mourning are dispensed with and the day is celebrated as a semi-holiday. There are a number of reasons for choosing this day as a holiday. One explanation is that a plague which killed off many of Rabbi Akiva's students broke on this day, and the day was thus set aside in thanksgiving. Another reason was to commemorate the bravery of Jewish soldiers and students.

Its roots may be traced back 18 centuries to ancient Israel, to a time when a small army led by Bar Kochba dared to revolt against the legions of the Roman Empire ruling Palestine at the time. They sought to regain freedom and independence and were willing to sacrifice everything to achieve it. Bar Kochba was assisted by Rabbi Akiba, a great scholar of the time. The Rabbi's support was more than morale; he and his many students participated actively in the revolt, fighting side by side with the soldiers for their rights to live in accordance with Jewish culture and heritage.

The holiday is celebrated as an outside day. Some Jewish day schools organize walks in the country for the children, or picnics in park or gardens. Others organize parades through the streets, a tradition which developed in Eastern Europe. In Israel some children arm themselves with primitive bows and arrows and have great fun. The Israeli Army conducts sharp-shooting competitions and Israeli students have chosen Lag B'Omer as National Students' Day. With nightfall bonfires or small campfires are lit and everyone gathers round to sing and dance late into the night. A braai is very popular at this time.

BAKED POTATOES

8 medium baking potatoes
8 pieces aluminium foil
1/4 cup oil
6 Tablespoons Cardin margarine
Salt and pepper

Select equal size potatoes so that they will all cook at the same time. Clean and scrub potatoes but do not peel. Rub with little oil and in aluminium foil. Place wrapped potatoes in the oven and bake for 1 hour at 200°C (400°F) or on braai. Braai only 30 minutes, turning occasionally. Serve hot with margarine.

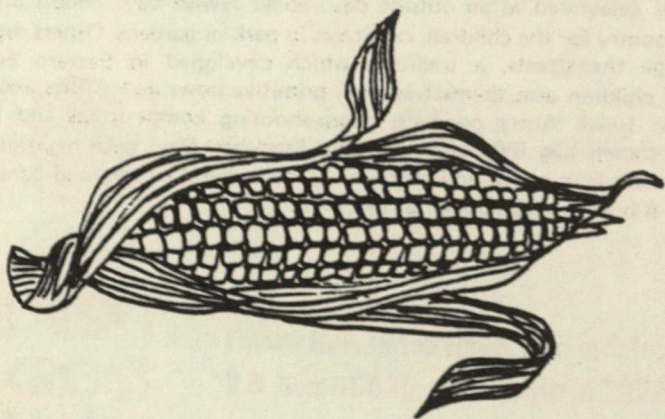
BAKED MEALIES

8 ears fresh mealies
8 pieces aluminium foil
2 tablespoons Cardin margarine
Salt

Strip mealies and remove all silt, rinse well. Wrap each ear in aluminium foil and twist ends. This will let steam escape and the mealie will roast rather than steam. Bake the mealies at 200°C (400°F) or on the braai for 30 minutes turning them occasionally. When the mealie is tender to your touch serve hot with margarine and a sprinkling of salt.

Variation:

Braai bananas in the same way but omit margarine and salt.



GRILLED FISH FILLETS

680 gm fish fillets
1/2 cup oil
1 Tablespoon Worcester sauce
1/2 teaspoon onion salt
dash pepper

Combine oil, sauce, salt and pepper. Place fish on a well greased wire griller. Brush with sauce. Braai over medium hot coals for about 5 minutes. Brush with sauce on other side of fish and braai again. Fish is ready when it flakes easily when tested with a fork. Serve with lemon wedges.

GRILLED FISH STEAKS

1,5 kilo fish steak (Salmon, 74),

Place steaks on a lightly greased grill or use a hinged grill for easier turning. The steaks could also be wrapped in foil for easier handling, but remember to place butter sauce in foil before sealing. Grill fish basting frequently with butter sauce of your choice. (Use parave margarine). Cook until fish flakes easily, but do not over-cook.

MUSTARD BUTTER

125 ml margarine
2 teaspoon salt
1 Tablespoon lemon juice
1 teaspoon prepared mustard
dash pepper

Combine all ingredients and mix well.

LEMON - PARSLEY BUTTER

125 ml margarine
1/4 cup lemon juice
2 Tablespoon chopped parsley
1 teaspoon salt
pepper

Combine all ingredients and mix well. Baste fish with sauce.

MARINADE FOR CHICKEN BRAAI

(For 8 chicken portions)

- 3/4 cup brown sugar
- 1 cup salad oil
- 1 1/2 cup tomato sauce
- 1/2 cup worcestershire sauce (Koo)
- 2 cloves garlic
- 1 grated onion
- 1/4 cup lemon juice
- 1 teaspoon cayenne pepper
- 1 stalk celery
- 1/2 teaspoon basil
- 1/2 teaspoon majoram
- 1/2 teaspoon rosemary

Blend all ingredients together. Place in saucepan and boil for 20 minutes. Pour over chicken and leave for 24 hours. Par cook chicken for 1 hour before braaing.

MEAT MARINADE

- 1/4 cup sunflower oil
- 3/4 cup vinegar
- 1 teaspoon dry mustard
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoon soya sauce
- 3 cloves garlic or
- 2 Tablespoons chopped garlic

Mix together. Cover meat in this marinade and allow to stand overnight.



MINCE MEAT KEBABS

- 1 kilo mince meat
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 teaspoon cumin powder
- 2 Tablespoons chopped parsley
- 1 teaspoon salt

Mix meat with seasoning. Add finely chopped parsley. Mix all together, preferably by hand. Shape meat into finger shapes and put 2 – 3 fingers of meat onto a stick. The kebabs may be prepared a few hours before serving. Can be cooked on a braai or under a grill. Cook for 5 – 6 minutes on each side.

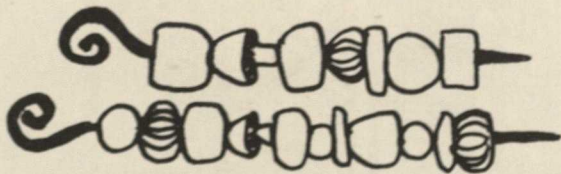
MIXED MEAT KEBAB

(allow 125 gm meat per person)
For 8 people

- 250gm kashered liver (calf or chicken)
- 250gm cocktail sausage
- 250gm mince meat
- 250gm stewing meat
- 1 green pepper
- 1 large onion
- 8 small tomatoes
- 1 teaspoon chopped parsley
- salt and pepper
- 1 cup of your favourite marinade.

Cut liver into cubes. Mix parsley with mince meat and shape into oblong balls, the same size as the cubed meat. On each stick place each type of meat interspersed with the cut up vegetables.

The kebab may be cooked on a braai or under a grill.

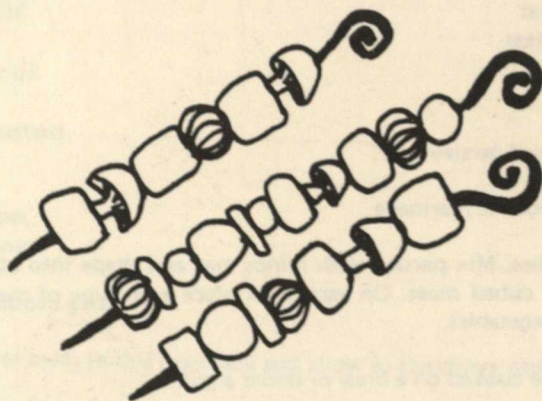


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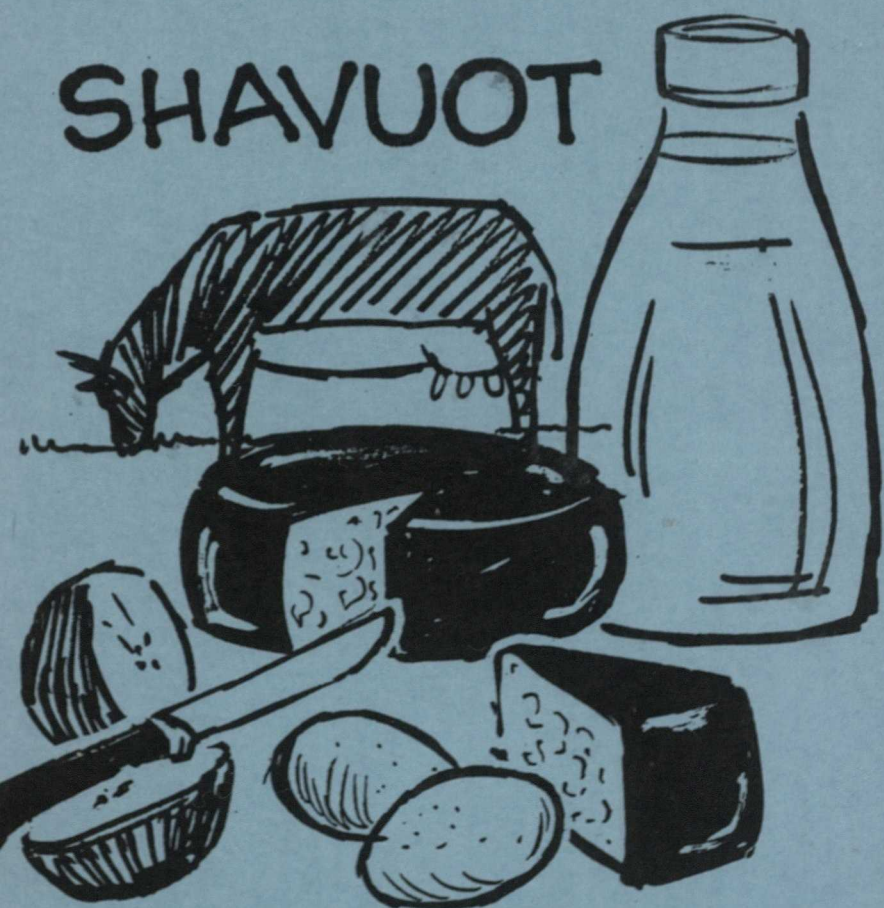
BARBEQUED LAMB SPARERIBS

2 kilo lamb ribs
3 cups water
125 ml soy sauce
2 Tablespoon cornflour
250 ml tomato sauce (1 cup)
1/4 cup brown sugar
1/4 cup vinegar
1/4 cup Worcestershire sauce
1 teaspoon chilli powder
1 teaspoon salt
pepper
dash tobasco sauce

Cut spareribs into serving portions. Cover with water and boil for 5 minutes. Drain water, keeping 1 cup for the sauce. Combine soy sauce and cornflour and other ingredients. Pour mixture over meat and place covered, in a refrigerator for 1 hour.



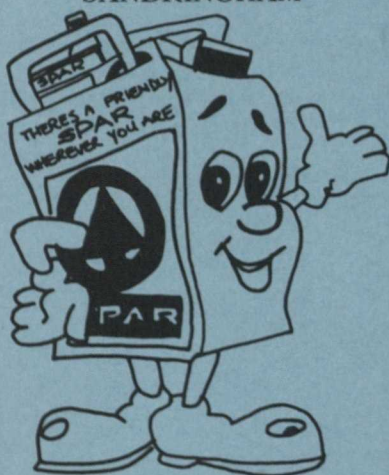
SHAVUOT



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SHAVUOT

The festival is called Shavuot, which means weeks in Hebrew, as it occurs exactly seven weeks after the second day of Pesach, on the 6th Sivan. These seven weeks or 50 days are counted day by day and are known as the Omer Seadon (Sifirat Omer).

Shavuot is one of the pilgrim festivals (Shalosh Regalim) together with Pesach and Succot. It is a two fold holiday that brings together agriculture and culture. Shavuot marked the start of the grain harvesting season, as well as the early fruit harvesting season. In ancient Israel, people would go to the Temple in Jerusalem, on their third pilgrimage of the year. They would bring presents of new fruit (Bikkurim) from their orchards, vineyards and fields. These presents were usually a selection of the seven species (Shivat Hamanim) viz grapes, figs, pomegranates, olive oil, honey, wheat, barley. The festival is thus also called Chag Habikkurim, Festival of the First Fruit, and Chag Hakatzir, the Festival of the Grain Harvest.

Today, homes, classrooms and synagogues are decorated with green branches, and fruits. Children bring baskets laden with fruit and vegetables to school and synagogue; the produce is usually donated to a charity.

However Shavuot is not only an agricultural festival, it is also the festival of the receiving of the Torah, and is also called Zeman Matan Toratenu, the season of the giving of the Torah.

There are many interesting customs observed on this festival. On the eve of Shavuot it is customary for all men over 13 years of age to stay up all night studying Torah. The Torah reading in Synagogue tells of the giving of the Ten Commandments to Moses on Mount Sinai. When the Ten Commandments are read, the whole congregation stands up. The Book of Ruth is read as well, as Shavuot is also the anniversary of the passing of King David.

SOUPS

COLD CUCUMBER AND YOGURT SOUP

2 bottles plain yogurt
2 fresh cucumber
dill
parsley
garlic
salt and pepper

Blend all ingredients together. Add 2 Tablespoon cream if desired.

GAZPACHO

2 tins tomato juice
250 ml plain fat free yogurt
125 ml cream
1/2 cucumber — GILI quality
1 green pepper, cleaned
1 small onion
salt and pepper

Place all ingredients in a blender or processor. Season to taste and allow to stand in refrigerator for a few hours. Serve with bread croutons, diced cucumber, diced greenpepper. These should be in separate bowls and guests able to help themselves.

CREAMED MUSHROOM SOUP

3 Tablespoon butter
3 Tablespoon flour
dash pepper
1 1/2 teaspoon salt
1/3 cup cream (optional)
1 teaspoon grated onion
3 cups milk
.75 kilo mushrooms

Heat butter, add onion and fry until glassy. Add stalks of mushrooms (chopped finely). Simmer for 15 minutes. Stir in flour and seasonings, remove from heat and slowly add milk, stirring until well blended. Return to heat and cook until thick and smooth stirring constantly. Add chopped mushrooms and onion and heat through. Add cream if desired.

MINESTRONE (Parev)

1/2 cabbage finely shredded
1 onion peeled and sliced
1 garlic clove
2 carrots diced
1 tin butter beans or baked beans
1/2 cup green beans (fresh, frozen or tinned)
1 cup noodles
1 tin tomato pureé (small)
4 — 6 cups vegetable stock
Salt and pepper

Fry onion and garlic in a little oil. Add cabbage and fry for 5 minutes. Add potato and rest of vegetables and stock. Boil for 30 minutes. Add noodles and seasoning, and boil for a further 30 minutes.

COLD BEETROOT SOUP

1 kg young, small beets
8 cups boiled cold water
Salt and pepper
Lemon juice
Sugar
125 ml cream

Do not peel beets, but clean thoroughly. Cover with water and boil till soft. Remove on slightly floured board into rounds 10 cm in diameter, and .5 cm thick. Fill with grater or liquidize. Have ready 2 litres of already boiled water in dish. Add minced beetroot, salt, lemon juice and sugar to taste, to water. Add cream. Chill in fridge. Serve with hot boiled potatoes or hard boiled eggs, cut in half. Garnish with a little parsley if desired.

VICHYSOISE

3 tablespoons oil
6 leeks sliced (white part only)
1 cup chopped onion
2 cups diced potatoes
2 stalks celery
3 sprigs parsley
6 cups vegetable stock
1/4 teaspoon pepper
1 teaspoon worcestershire sauce
2 cups cream

Fry onions and leeks in oil until soft but not brown. Add potato, celery and parsley. Add stock and boil until vegetables are soft. Approximately 30 minutes. Blend together and sieve if stringy. Mix in seasoning. Heat or chill. Serve with chopped chives and allow guests to add cream themselves.

ASPARAGUS AND CHEESE TART

- 1 tin asparagus salad cuts
- 3 Tablespoons melted butter
- 3 Tablespoons flour
- 1/2 cup asparagus liquid
- 1/2 cup cream
- 1 large cup grated cheese
- 1 small packet of crisp chips

Butter pyrex dish. Mix all ingredients together. Sprinkle crumbled crisps over the top of the mixture. Bake 180°C (375°F) for +/- 20 minutes.

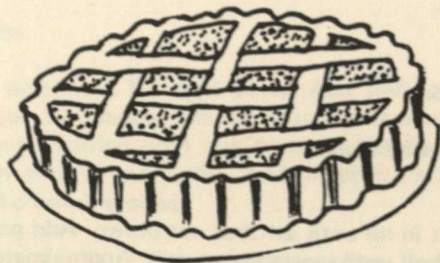
BAKED OMELETTE – IN THE SEPHARDI STYLE

- 3 eggs
- 4 Tablespoon milk
- 100 gm frozen spinach
- 1 small onion chopped
- 25 gms butter
- 100 gm sliced mushrooms
- 150gm grated cheese
- 1 Tablespoon chopped parsley
- salt and black pepper

Sauté onion in butter until soft and golden. Add mushrooms and cook for 2 – 3 minutes, until the butter is absorbed. Beat eggs, add milk, herbs, seasoning, defrosted spinach, onions, mushrooms and cheese. Pour mixture into a buttered oven-proof dish (23 cm diameter) Bake at 190°C (375°F) for 30 minutes until set and golden.

Serve in section when hot
or

Cut in squares and spear on cocktail stick to serve cold.



BOURIKITAS (CHEESE AND POTATO PIE)

A Sephardi favourite

DOUGH

- 1 cup water
- 1 cup oil
- 1/2 teaspoon salt
- 5 cups flour

Put oil and salt in a pot and bring to the boil. Allow to cool, when tepid add flour all at once and blend thoroughly. Break off portions the size of walnuts and roll on slightly floured board into rounds 10 cm in diameter, and .5 cm thick. Fill with 1 Tablespoon filling and flap pastry over like a turnover. Seal edges so that filling will not run out while baking. Bake in a well greased pan for 45 minutes at 190°C (375°F) until golden brown. Best served hot. Makes 40 – 45 bourikitas.

FILLING

- 750 gm potatoes or 5 medium sized, boiled and mashed
- 125 gm cottage cheese
- 125 gm grated cheddar cheese
- 4 eggs beaten
- pinch salt

Add cheese, beaten egg and salt to mashed potatoes. If mixture is too thick, add some warm milk. Mixture should have consistency of thick but fluffy mashed potatoes. Fill and seal as directed. Brush tops with beaten egg and sprinkle with grated cheese. Bake as directed.

SPINACH FILLING

- 1 packet frozen spinach
- 1 cup grated cheddar cheese
- 1 teaspoon flour
- salt and pepper

Mix all ingredients together.

PUMPKIN FILLING

- 1 kilo cooked pumpkin drained and mashed
- 1 1/2 cups grated cheddar cheese
- 1 egg, beaten
- 1 teaspoon olive oil
- 1/4 teaspoon cinnamon
- salt

Mix all ingredients together until smooth

CHEESE BLINTZES

BATTER

3 eggs
2 cups water
1 1/2 cups flour
pinch salt
1/2 teaspoon baking powder

Beat eggs and water well. Add flour sifted with salt and baking powder. Beat till smooth. Heat small frying pan, grease lightly with oil. Pour batter into pan very thinly to coat the bottom. Cook until dry. Invert onto absorbent paper. If you have a Blini maker use it according to the instructions.

FILLING

1 egg
500gm cream cheese
salt and pepper
sugar to taste
sour cream to mix to a smooth paste

Mix all ingredients together to a smooth paste. Place a spoonful of filling onto leaf and fold like an envelope. Fry blintzes in hot oil. Serve hot with a little cinnamon and sugar.

SOUR CREAM CHEESE LATKES

500 gm dry cottage cheese
1/2 cup sour cream
3 eggs, beaten
salt, pepper, sugar to taste
3/4 cup flour
1/4 teaspoon baking powder
oil for frying

Blend cheese and sour cream. Add eggs and seasoning. Sift dry ingredients together and add to batter. If batter is too thick, add a little water. Drop by spoonfuls into preheated skillet with oil in it. Brown on both sides. Yield 12.

CHEESE PASTELIKOS — (Favourite Sephardic Breakfast)

Puff pastry

1 large potato cooked and mashed

1 cup grated cheese

1 egg

Paprika

Salt and pepper

Combine potato with cheese, egg and spices to taste. Roll out pastry and line a greased pie dish. Fill with mixture and bake at 200°C (400°F) for 15 – 20 minutes.

CHEESE CROQUETTES

500 gm yellow cheese

1/2 teaspoon dry mustard

6 drops tabasco

1/4 teaspoon salt

2 teaspoon worcestershire sauce

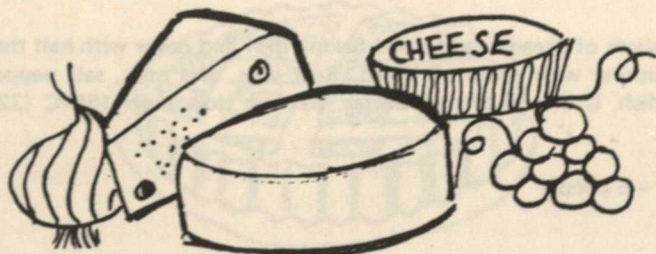
1 Tablespoon flour

4 egg whites

1 Tablespoon water

dry breadcrumbs

Mince cheese in processor then mash to a paste with a fork. Add seasoning and flour. Fold in stiffly beaten egg whites. Form into firm balls 3 cm in diameter. Chill in refrigerator. Just before cooking roll in breadcrumbs, then in remaining egg white mixed with water, then roll again in crumbs. Fry in deep hot oil until golden brown. Drain on absorbent paper. Yield about 32.



CAULIFLOWER AND CHEESE

1 medium cauliflower
white sauce made of —
30 gm butter
1 Tablespoon flour
1 1/2 cups milk
1 teaspoon salt
dash pepper
1/2 cup grated cheese

Boil cauliflower in salt water. When cooked place in buttered ovenproof dish. Prepare white sauce which must be well mixed with grated cheese, salt and pepper. Bake in a hot oven for 15 minutes until brown on top.

WHITE SAUCE

Melt butter, add flour, stirring constantly, then add milk. Cook until smooth and creamy.

CHEESE CASSEROLE

6 slices bread
250 gm cheese thinly sliced
2 eggs
1 cup milk
1/2 teaspoon salt
pepper
butter

Place 2 slices of bread in a greased baking dish and cover with half the cheese. Repeat finishing with slices of bread. Beat eggs, and milk, salt pepper. Pour into baking dish. Dot with bits of butter. Bake in slow oven 165°C (325°F) for 30 minutes.

Serves 4 — 6 people

COTTAGE CHEESE SOUFFLÉ

250 gm cottage cheese
1/2 cup sour cream
2 eggs
1/2 teaspoon salt
3 Tablespoon flour
3 Tablespoon sugar
3 Tablespoon cornflour.

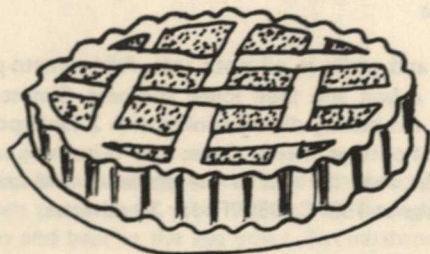
Combine all ingredients and mix well. Place in buttered casserole. Bake at 175°C (350°F) for 1/2 hour. Serve hot with sour cream.

Serves 4

CHEESE SOUFFLE

4 Tablespoon butter
4 Tablespoon flour
1 cup skim milk
1/4 teaspoon dry mustard
pinch cayenne pepper
1/4 teaspoon salt
250 gm grated cheese
3 eggs

Make thick white sauce from butter, milk and flour. Add salt, mustard and cayenne pepper. Add grated cheese to white sauce. Boil up for a minute. Remove white sauce from heat. Fold in well beaten egg yolks. Beat egg whites till stiff and fold into white sauce mixture. Put mixture into buttered dish. Bake for about 1 hour at 180°C (375°F). Serve immediately.



EGG MOUSSE

12 hard boiled eggs
250 ml fresh mayonnaise
10 ml gelatine
1 tablespoon sherry
Salt
250 ml cream
2 Tablespoon Worcestershire Sauce
1/2 cup water
paprika

Rub the egg yolks through a strainer. Finely chop the whites of 8 of the eggs. Mix the gelatine with the cold water and stand in a dish of boiling water until dissolved. Mix all ingredients together, adding salt and paprika to taste.

Add gelatine and pour mixture into a glass dish and allow to set in fridge. Garnish with chopped parsley and sliced cucumbers. NB; This dish cannot be turned out!

ITALIAN MACARONI AND CHEESE

4 Tablespoon oil
1/2 cup chopped onion
1/4 cup chopped celery
1 clove garlic crushed
170gm tomato paste
2 1/2 cups water
1 teaspoon salt
dash pepper
1/4 teaspoon oregano
1/4 teaspoon sugar
230 gm cooked and drained macaroni
1/2 cup cheddar cheese
2 cups cottage cheese

Saute onion, celery and garlic in oil until soft. Add tomato paste, water, seasoning and sugar. Bring to a boil and then lower the heat. Simmer for 1 hour. Put thin layer of sauce in 22 cm baking dish. Sprinkle with 2 tablespoon cheddar. Top with half macaroni and add cottage cheese. Cover with remaining sauce and sprinkle with 3 tablespoon cheddar. Add the rest of the macaroni and sauce. Sprinkle top with remaining cheese. Bake at 180°C (350°F) for 30 minutes.

ONION TART

CRUST

- 1 cup flour
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 60 gm butter
- 1/3 cup milk

Sift dry ingredients. Add butter and milk and make into a dough. Press the dough into a greased flat baking dish.

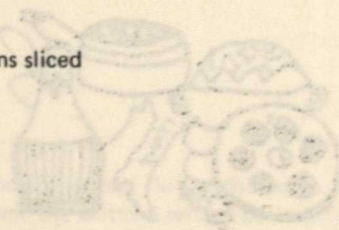
FILLING

- 500 gm sliced onions
- 4 Tablespoon butter
- 3 eggs
- 250 ml sour cream
- salt
- freshly ground black pepper to taste

Heat butter in frying pan and add onions, sauté till golden. Cover and cook gently for 15 – 20 minutes. Beat eggs and add sour cream. Stir in the onions, and seasoning. Pour into pastry dish and bake at 190°C (375°F) for 40 – 45 minutes.

POLISH PIEZCARKI

- 250 gm medium mushrooms sliced
- 200 ml water
- 2 Tablespoon flour
- 2 egg yolks
- 1 onion chopped
- 2 Tablespoon butter
- 250 ml cream
- seasoning



Cook the mushrooms and onion with the water for 15 minutes. Melt the butter and add flour and juice from mushrooms. Boil the sauce, stirring all the time, for 2 minutes. Add the cream and beat in the egg yolks. Put mushroom and onions into oven proof dish. Pour the sauce over, and bake for 20 minutes at 160°C (325°F).

Serves 4

PIZZA PIE

PASTRY

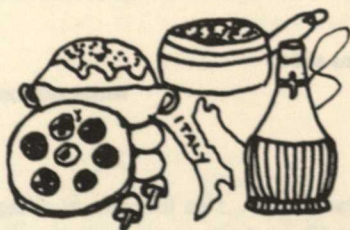
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 Tablespoon butter
- 1/4 cup milk

Sift flour, salt and baking powder. Rub in butter. Mix to a firm dough with milk. Roll thinly and line pie dish.

FILLING

- 2 — 3 firm tomatoes
- 1 large onion chopped finely
- 1 cup grated cheese
- 1 clove garlic thinly sliced
- 1 cup mashed potatoes
- 2 tins anchovies
- 6 stuffed olives

Arrange sliced tomatoes on the uncooked dough, then mix the onion, cheese, garlic, potatoes and spread over tomatoes. Place anchovies on top. Bake at 230°C (450°F) for 20 — 25 minutes or until underside of dough is golden brown. Serve hot and garnish with stuffed olives.



SALTENOSSES

- 2 cups flour
- 2 eggs
- 1/2 teaspoon salt
- 1/2 cup water

FILLING:

- 500 gm cream cheese
- 1 egg
- sugar salt and pepper to taste.

Make a stiff dough. Roll thin and cut into rectangles 50 x 100 mm. Place a dessert-spoon of cheese mixture onto this. Roll like a blintze. Bring 1 litre of salted water to the boil, place saltenosses in the pot and boil for 5 minutes.

- 1/2 cup milk
- 90gm butter
- 1 cup cream
- 1 Tablespoon sugar and cinnamon to taste

Pour milk over saltenosses, add butter and cream. Sprinkle sugar and cinnamon over. Bake at 180°C (350°F) for 1 hour.

SPINACH AND CHEESE TART

- 1 pastry shell
- 1 1/2 cups fresh spinach
- 4 Tablespoon butter
- salt pepper
- 250 gm cottage cheese
- 3 eggs, slightly beaten
- 1/2 cup cheddar cheese
- 1/2 cup cream

Line pie plate with your favourite pastry, fluting the edges. Chill. Prick bottom of pastry shell with a fork. Cover the bottom with a piece of wax paper held down with a few butter beans. Bake blind at 230°C (450°F) for 15 minutes. Allow to cool, remove paper and beans.

Cook spinach with butter, salt and pepper to taste. Drain thoroughly and add cottage cheese with beaten egg, grated cheddar, and cream. Spread mixture in pie shell and bake at 190°C (375°F) for 30 minutes or until crust is brown and cheese mixture has set.

SALMON SWISSROLL

PASTRY

250 gm flour
250 gm grated butter
250 gm cream cheese

Mix flour and butter. Add cheese. Knead and roll into rectangle — not too thin.

FILLING

1 large tin salmon, drained
125 gm mushrooms
2 Tablespoon chopped onion
2 Tablespoon cream
2 Tablespoon mayonnaise
1 1/2 Tablespoon chopped cucumber
2 Tablespoon cheddar cheese
1/4 teaspoon paprika
cayenne pepper

Mix all ingredients together. Place filling on the pastry rectangle and roll up. Brush with egg and bake for 20 minutes at 200°C (400°F). Serve with a white cheese sauce.

VEGETABLE CHEESE BAKE

600gm mixed frozen vegetables
1 large onion sliced
1 crushed garlic clove
4 tablespoon oil
410 gm tinned canned tomatoes
sugar
salt and pepper
pinch all spice
125 gm cottage cheese
1 egg
40 gm grated yellow cheese
125 ml sour cream or yogurt

Fry onion and garlic in oil till soft. Add frozen vegetables and toss together. Take off the heat and spoon into shallow 1 litre ovenproof dish. Simmer the tomatoes with sugar, seasoning and allspice crushed with a fork. Pour over vegetables. Blend cheese and egg and mix in enough yellow cheese to make a stiff paste. Gradually add cream or yogurt until mixture has a thick pouring consistency. Season. Pour over vegetables and sprinkle with remaining yellow cheese. Bake at 230°C (450°F) for 10 minutes. Lower heat to 190°C (375°F) and bake for a further 20 minutes or until golden brown.

BAKING

BULKES OR BABKE

- 2 cakes yeast (20 gm each)
- 1/4 cup luke warm water
- 1 cup milk
- 1 1/2 teaspoon salt
- 125 gm butter or margarine
- 5 cups flour
- 3 beaten eggs
- 5 Tablespoons sugar

Soften yeast and add a pinch of sugar, 1 teaspoon flour, and a pinch baking powder. Place in 1/4 cup luke warm water, cover and let it stand for 10 minutes till it bubbles. Scald milk, add salt, sugar, shortening. Cool. Add 2 cups flour and beat well. Add yeast and beaten eggs and blend well. Add remaining flour and make into soft dough. Turn onto slightly floured board and knead. Place in slightly greased bowl. Cover and allow to rise till double in bulk. Knead again and shape into desired shape. Roll and sprinkle with cinnamon and sugar (add raisins if required). Let boolke rise, brush top with beaten egg and bake at 180°C (350°F) until done. If making babke, roll dough, sprinkle with cinnamon and sugar and bake in a greased bread loaf tin.

NO — EGG CINNAMON ROLLS

- 3 1/2 cups flour
- 1/2 teaspoon salt
- 4 teaspoon baking powder
- 300 ml milk and water mixed
- 185 gm butter

Grate butter into dry ingredients. Bind with milk and water mixture. Divide mixture into three and then roll out to 1 cm thick. Spread with melted butter and sprinkle generously with cinnamon and sugar. Roll up dough and cut into 4 cm slices. Place in greased baking tray cut side up. Bake at 230°C (450°F) for 10 — 15 minutes.

CHOCOLATE SWIRL CHEESE CAKE

BASE

- 125 gm butter
- 1/2 cup sugar
- 1/4 teaspoon salt
- 3/4 cup sifted flour
- 1/4 teaspoon baking powder

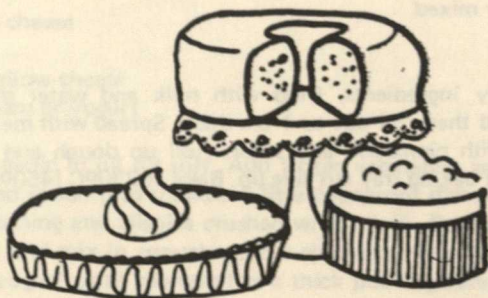
Cream butter, add sugar and beat till fluffy. Sift dry ingredients and add to butter, mix till well blended. If it does not bind, add a little cream. Press evenly into greased spring form tin. Bake for 10 minutes at 200°C (400°F) until golden.

FILLING:

- 20 gms bitter chocolate
- 1 cup sugar
- 6 Tablespoon flour
- 2 Tablespoon lemon juice
- 1 cup cream
- 375 gm cream cheese
- 6 eggs separated
- 1 Tablespoon grated lemon rind
- 1 teaspoon vanilla essence.

Beat egg whites till stiff. Beat cream till stiff. Beat cream cheese in separate bowl. Add sugar and beat till fluffy. Beat in yolks till just blended. Stir in flour, lemon rind, vanilla. Fold in beaten whites, then cream into yolks. Spoon 1/3 over cooled crust. Drizzle with 1/2 melted chocolate, repeat with 1/3 of batter, ending with batter on top. Swirl this with a knife. Place in oven. Reduce heat from 170°C (325°F) and bake for 1 hour. Turn heat off and leave cake in for another hour, with door closed. Remove and cool.

Serve warm.



FRIDGE CHEESE CAKE

250 gm cream cheese
3/4 cup castor sugar
250 ml cream
1 packet kosher lemon jelly
1 packet finger biscuits

Dissolve jelly in 1 cup boiling water. Mix cheese with castor sugar. Beat up cream. Dip finger biscuit in a little milk and place in bottom of greased dish. Add whipped cream to cheese, and jelly and mix together. Pour into dish, over biscuits, and place in refrigerator to set.

PYRAMID CHEESE CAKE

30 tennis biscuits
230gm butter (not margarine)
1/2 cup sugar
250 gm cream cheese
1 egg
1 teaspoon vanilla

Cream butter and sugar very well. Add cream cheese, egg and vanilla, mix together. Dip biscuits into mixture of milk, 1 teaspoon sugar and touch brandy.

Place on large piece of tin foil 3 x 5 (leave 1 cm between rows). Place 75 cm of cheese mixture on biscuit. Layer with 15 other biscuits. Layer only in the middle of triangle shape. Gently lift up foil and form into pyramid shape, seal and place in the fridge for 2 hours.

ICING

Boil 2 Tablespoon cocoa
4 Tablespoon sugar
4 Tablespoon water

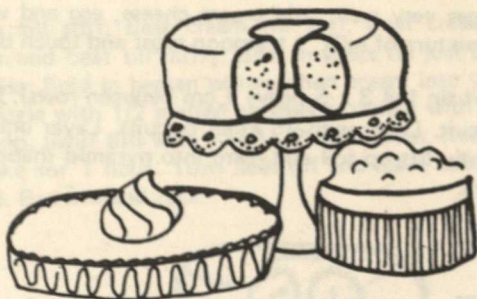
Mix in 150 gm bitter chocolate, allow to cool.
Add 90 gm butter and cream together.

Once cheese has set, remove foil and ice. Decorate with glace cherries.

CHEESE CAKE

- 2 eggs
- 1/2 cup sugar
- 1/2 kilo cream cheese
- 125 ml cream
- 1 Tablespoon custard powder
- 125 gm butter
- 1 packet marie biscuit

Beat eggs and sugar for 5 minutes. Add cheese cream and custard. Prepare base, made of crushed biscuit and melted butter. Pour cheese into dish lined with biscuit base. Bake at 190°C (375°F) for 20 minutes.



TISHA B'AV



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TISHA B'AV

The destruction of Jerusalem and the Holy Temple was a tragic loss for the Jews and endangered their physical and spiritual existence. Nevertheless Jews have continued to survive in almost all the places that they scattered to in exile. However, the destruction of the Temple has never been forgotten. There are 4 days of fasting and mourning for the destruction of both Holy Temples, 10th Tevet, 17th Tammuz, 9th Av, 3rd Tishrei (fast of Gedalia).

There are exactly three weeks between the fast of 17th Tammuz and 9th Av (Tisha B'av), the two most serious fast days related to the destruction of the Temple. These 3 weeks are a period of national mourning; Hair may not be cut, buying of new things are prohibited, festivities and entertainment are forbidden. Only on Shabbat is celebration permitted.

The last 9 days ie. between Rosh Chodesh Av and 9th Av, the feeling of sadness increases and more stringent rules are applied. No meat may be eaten, (except on Shabbat), no wine drunk and no bathing is allowed.

Tishab'av is a 24 hour fast day from sunset to sunrise. Before the fast, 2 meals are traditionally eaten; A regular meal and a special final one called "meal of separation", eaten shortly before sunset. During this final meal it is customary to eat a piece of bread, and a hard-boiled egg dipped in ashes other food, uncooked may also be eaten.

The recipes included in this section serve as a guide for the 9 days prior to Tisha-B'av when no meat may be eaten. Meat, however may be eaten on Shabbat.

BAKED STUFFED CAPE SALMON

- 1 x 3 kilo Cape salmon
- 2 Tablespoon chopped parsley
- 1 medium onion finely chopped
- 2 Tablespoon butter
- 1 1/2 cup fresh breadcrumbs
- 2 tablespoons chopped fennel leaves if available
- salt pepper
- 2 cups white wine or water

Ask the fishmonger to remove the bone from the fish, but do not break the skin down the back. Wash the fish thoroughly. Salt and pepper the insides. Fry the onion in butter till light brown. Add the parsley, fennel and then the breadcrumbs. Fry altogether for a few minutes and season. Place the stuffing inside the fish. Line a baking dish with foil and lettuce leaves. Lie the fish on the lettuce on its side, and cover it with more lettuce leaves. Pour over the wine or water and cover with foil.

Bake at 170°C (350°F) for 40 — 60 minutes or until you can easily slide a knife into the thickest part of the flesh — do not over cook. Peel off the foil and lettuce and carefully place on a serving dish. Garnish with lemon wedges and parsley. Serve with Hollandaise sauce (to make just before serving). Serves 6 — 8.

HOLLANDAISE SAUCE

- 1 cup white vinegar or 1/2 cup vinegar and 1/2 cup wine
- 6 peppercorns
- 1 bayleaf
- 2 blades mace (optional)
- 250 gm butter
- 3 egg yolks
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper.

Put vinegar and/or wine, bayleaf and spices into a small saucepan and boil quickly, reduce to 2 tablespoons. Cream butter until soft. Put yolks into a small bowl and beat, add the vinegar quickly and 1 tablespoon butter. Beat well. Have ready a large bowl to stand the small bowl in comfortably in a pot of boiling water. Stand the bowl with the egg mixture into this bowl, beating all the time. Add the remaining butter until the sauce is light and creamy. More butter may be needed. Season with salt and more vinegar if necessary. This sauce may be kept warm in the bowl of water for about 1/2 hour. Stir it occasionally. It is served warm and not reheated as it will curdle. Remember it must have a bland flavour.

SALMON BLINIS

Crepes:

- 3 eggs
- 2 1/2 cups water
- 1 1/2 cups flour
- Pinch salt
- 1/2 teaspoon baking powder

Beat eggs and water well. Add sifted flour, salt and baking powder. Beat until smooth. Heat small frying pan well and grease lightly with oil. Pour batter very thinly to coat bottom of pan. When edges start curling turn over quickly and cook on flip side for a few seconds.

N B A blender or processor may be used to make the batter, but the mixture must stand for 1/2 hour before using.

A crepe maker may be used instead of a frying pan.

SALMON FILLING

Using above crepe batter fill with the following:

- 1 tin salmon
- 1 small onion
- 500 ml sour cream
- 3 Tablespoon mayonnaise
- 1/2 cup Rice Krispies
- Pinch salt and pepper
- 2 Tablespoons cream

Mix all ingredients together. (Use only 125 ml sour cream for filling — reserve balance for sauce). Fill crepes with salmon mixture. Place in greased ovenware dish. Pour balance of sour cream over blinis. Bake at 160°C (350°F) for +/- 20 minutes.



SALMON MOUSSE

- 1 Tablespoon kosher gelatine
- 2 Tablespoons sugar
- 1 teaspoon prepared mustard
- 2 egg yolks, beaten
- 440 gm tinned salmon
- 1 cup chopped celery
- 1/4 cup cold water
- 1 teaspoon salt
- 1/2 cup vinegar
- 1 Tablespoon prepared horseradish
- 1/2 cup sweet cream whipped

Soften gelatine in cold water and place this container in a bowl of hot water to allow gelatine to dissolve, stirring constantly. Mix sugar and mustard thoroughly and combine with vinegar and egg yolks in top of double boiler. Cook until thick, stirring constantly. Remove from heat, add gelatine and stir well. Add horseradish. Chill until mixture begins to thicken. Add salmon and celery and fold in cream. Turn mixture into oiled fish mould. Chill for several hours until firm. Unmould onto a platter and garnish.

SALMON AND MACARONI

- 450 gm tin salmon
- 2 eggs separated
- 2 Tablespoons minced onion
- minced parsley
- 2 cups cooked cut macaroni
- 3/4 cup thin cream
- 1/2 teaspoon mustard powder
- salt and pepper
- celery salt

Flake salmon — do not drain off liquid. Beat egg yolks and add salmon. Turn mixture into a saucepan. Stir in the onion and cream and seasoning. Stir till boiling, then simmer for 5 minutes. Remove from heat. Fold in stiffly beaten egg whites. Place macaroni into greased casserole dish. Pour the salmon mixture over. Bake at 190°C (375°F) for 30 minutes.

SOLE BONNE FEMME

500 gm mushrooms
1 cup white wine
125 ml cream
yolk of two eggs
4 medium size soles
carrots and onion

Cut carrot and onion into thin slices. Place in fairly deep dish so that soles can be well covered with water. Cook carrots and onions and 1 bay leaf salt and pepper in a little water for 10 minutes (This will help to give a better taste to the sauce). Add soles and cook for 10 minutes. When ready remove soles from dish. Take equal quantities of butter and flour and cook together with strained stock and make into a sauce, stirring quickly so that the sauce remains smooth and does not become lumpy. Add egg yolks and white wine. Cook for a further 5 minutes. Lastly add cream. Place soles on a flat dish but not too shallow. Pour sauce over covering well. Bake in a hot oven 180°C (375°F).

SOLES BAKED IN CREAM

6 medium soles
250 ml cream
1 cup grated cheddar cheese
250 gm mushrooms
1/2 cup white wine (optional)

Coat soles in seasoned flour. Place in ovenproof dish, which has been greased. Pour over cream and sprinkle with cheese. Bake at 180°C (350°F) for 20 minutes. Lightly fried mushrooms or 1/2 cup dry white wine may be added if desired.

BAKED SOLE WITH SHERRY

6 soles filleted
60 gm butter
2 small onions
1/2 cup fresh cream
1 cup tomato puree
salt and pepper
1/2 cup grated cheddar cheese
1/2 cup brown sherry

Fry fillets of sole in butter and place in ovenproof dish. Chop onions and fry until glassy. Add cream and stir briskly over medium heat. Add tomato puree and sherry and allow to simmer for 15 minutes. Add salt and pepper. Pour over fish. Sprinkle with grated cheese and bake under grill for 5 minutes.

CURRIED FISH WITH APRICOTS

- 1 onion sliced
- 1 cup water
- 3/4 cup vinegar
- 1 cup canned apricot juice (from large tin apricots)
- 1/2 teaspoon cinnamon
- 1 1/2 teaspoon curry powder
- 2 Tablespoon tomato sauce
- 1 teaspoon barbeque sauce
- salt and pepper
- raisins
- finely crushed ginger biscuits dissolved in 3/4 cup boiling water
- 1 kilo fried fish.

Boil all ingredients together. Thicken sauce with ginger biscuit mix. Cover fish with sauce. Decorate with apricots. Serve cold.

FISH SWISSROLL DOUGH

- 125 ml cream
- 1 cup flour
- 250 gm butter

Grate butter into flour. Mix in cream with two knives. Roll three times and put into fridge overnight.

FISH

- 1 kilo filleted kingklip
- 1 large onion, sliced in rings
- 125 ml cream
- 1 tin chopped mushrooms (large)
- 1 Tablespoon maizena
- 1 egg
- 1/2 cup grated cheddar cheese.

Fry onion in butter until glassy. Add 2 tablespoons mushroom juice and fish cut up into slices. Cook until tender. Pour over 125 ml cream and allow to simmer slowly. Add chopped mushrooms and dissolve maizena with beaten egg. Stir into fish. Finally add grated cheese. Take dough out of fridge and roll out thinly. Put cold fish mixture on top. Roll dough up like a swiss roll, closing ends, slit top. Bake in a hot oven 200°C (400°F). Serve hot with salads.

FISH KEDGEREE

Left over fried fish or
any cooked white fish
60 gms butter
vegetable fat or margarine
1 cup cooked rice
1 small onion chopped and fried
tomato sauce
salt and pepper
sour cream (optional)
1 teaspoon curry powder (optional)
2 hard boiled eggs

Skin fish and flake. Sieve hard boiled egg yolks and put aside as trimming. Cut up balance of eggs into small pieces. Put butter and other fat into frying pan (vegetable fat will prevent butter from burning). Put all ingredients into pan, adding sufficient tomato sauce, salt, pepper to taste. Stir gently. The addition of 3 or 4 tablespoons sour cream will enhance the flavour. When thoroughly hot, place in a greased oven proof dish. Garnish with sieved egg yolk. Place in moderate oven for about 10 minutes before serving.

FRENCH FISH

6 serving pieces filleted kingklip
1 Tablespoon lemon juice
1/2 cup milk
paprika
2 onions sliced
1/2 greenpepper, sliced
2 Tablespoons tomato sauce
2 Tablespoons cream

Squeeze lemon juice over the fish and place fish in a dish. Cover with milk and sprinkle with paprika and leave for + 1/2 hour. Sauté onions in butter or margarine in a covered pot until golden brown. Add greenpeppers and then add the fish with all the milk. Simmer for 1/2 hour until fish is soft. Add tomato sauce and cream and simmer for a further 5 minutes. If there isn't enough gravy add more milk.

FISH WITH LYCHEE SAUCE

FISH

- 1 kilo firm white fish cut into slices
- 2 eggs
- 1 Tablespoon oil
- 1 Tablespoon vinegar
- pinch salt
- pinch bicarb
- 1 cup water
- flour to mix

Clean and dry fish. Fry in a batter made up with all the ingredients.

SAUCE

- 3 Pieces chopped ginger
- 1 large tin lychees
- 4 Tablespoons brown vinegar
- 2 teaspoon brown sugar
- 1 Tablespoon soy sauce

Heat all ingredients together. Mix in 1 tablespoon cornflour. Pour over fish. Serve either hot or cold.

LEMON FISH

- 1 1/2 kilo sliced line fish
- 3 onions sliced
- few peppercorns and bayleaves
- 3/4 cup raisins
- salt and pepper
- lemon juice
- sugar
- 1/2 cup vinegar
- 2 egg yolks
- 1/2 teaspoon gelatine (dissolve in 1/4 cup cold water placed in a dish of hot water).

Boil onions, spices, salt and pepper with bones from the fish with enough water to cover the fish. Boil for about 3/4 hour. Then put fish in and bring to the boil. Add lemon juice, sugar to taste. Boil slowly for 30 - 40 minutes. Remove from stove. Put slices of fish in an ovenproof dish. Strain juice and put onions and raisins on fish. Beat egg yolks together with strained juice and add gelatine. Pour over fish and leave in fridge to set.

FISH BALLS IN CURRY SAUCE

- 1 1/2 kilo minced stock fish
- 1 large onion chopped
- 1 or 2 eggs
- salt and pepper
- 1 Tablespoon matza meal

Mix all ingredients together. Roll into balls and fry in oil till golden brown.

SAUCE

- 2 Tablespoons oil
- 1 onion sliced
- 3 teaspoons curry powder
- 1/2 cup vinegar
- 1/2 cup tomato sauce
- 1 large tin pineapple chunks
- 1 1/2 teaspoon salt
- 2 pickled cucumbers, sliced
- 1 Tablespoon maizena
- 1/2 cup water

Heat oil and add sliced onions and brown. Add curry powder and fry for 1 minute. Add maizena, vinegar, water, tomato sauce, pineapple chunks, salt and cucumbers. Heat all ingredients together. Mix in 1 tablespoon cornflour. Pour over fish. Serve either hot or cold.

STUFFED FISH WITH SOUR CREAM

- 250 gm sliced fresh mushrooms
- 2 onions chopped fine
- 3 Tablespoons butter
- 1 teaspoon paprika
- 2 cups sour cream
- 3/4 cup breadcrumbs
- 1 1/2 kilo line fish
- salt

Lightly sauté mushrooms and onions in butter. Sprinkle with paprika. Add 1 cup sour cream and simmer until tender. Add breadcrumbs and mix well. Stuff fish with mixture, season with salt and pour over remaining cream. Wrap fish in foil and place on a baking sheet. Bake in a hot oven 200°C (400°F) for 20 minutes or until fish is done.

Serves 6.

FISH CASSEROLE WITH MUSTARD SAUCE

1 kilo boiled fish
30 gm butter
2 large onions sliced
mashed potatoes
lemon juice

SAUCE

500 ml fish stock and water mixed
or milk and water
45 gm flour
30 gm butter
prepared mustard

Make sauce first. Bring liquid to boil. Blend with flour and a little water and add to the liquid. Stir until thickened. Add butter and mustard to taste.

Divide fish into pieces. Fry onions till light brown. Grease ovenproof dish and put in a layer of fish, add layers of potatoes, onion and sauce with a squeeze of lemon juice. Continue until all is used up, finishing with a layer of mashed potatoes. Put into oven to heat through. Allow top to brown.

HUNGARIAN STEWED FISH

1 1/2 kilo fish
1 1/2 cups chopped mushrooms
2 carrots sliced
2 onions chopped
1 1/2 cups water
1 cup red wine
parsley
4 cloves
salt and pepper to taste
1 1/2 tablespoons capers

Place the fish, cut into strips into a pan. Add mushrooms, carrots, onions, water, wine, parsley, cloves, salt and pepper. Simmer gently for 1 hour. Add capers and serve on hot toast.

MARINATED FISH — SEPHARDIC

- 2 1/2 kilo white fish
- 2 cups vinegar
- 2 cups cold water
- 1 teaspoon salt
- 5 bayleaves
- 18 allspice
- 20 peppercorns
- 1 teaspoon sugar
- 5 onions sliced
- 1/2 lemon sliced

Cut fish into 5 cm slices. Salt fish well and chill in refrigerator for several hours. When ready, rinse off salt. Boil together vinegar, salt, spices, sugar and sliced onion for twenty minutes. Add lemon slices and cook for 5 more minutes. Remove lemon, add fish slices and simmer gently until done. Place in a large deep oven proof dish in alternate layers with raw sliced onions. Pour the hot liquid over. This fish will keep for several weeks if kept in the refrigerator. Liquid forms a jelly.

QUICK FISH LOAF

- 1 egg
- 1/4 cup cream
- 3/4 cup soft breadcrumbs
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- teaspoon lemon juice or
- 1 teaspoon Worcestershire sauce
- 1 Tablespoon melted butter
- 3 Tablespoons minced parsley
- 2 Tablespoons chopped celery, onion, greenpepper or olives
- 1 large tin canned fish.

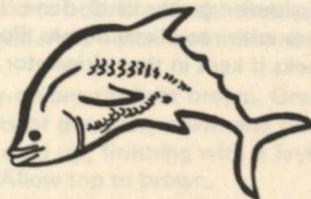
Drain and flake fish. Combine all ingredients and mix together. Add the fish. Place the mixture into a greased baking dish. Bake in a pre-heated oven 200°C (400°F) for 30 minutes.

The fish loaf may be served hot with cream, cheese sauce, or cold with mayonnaise.

SWEET AND SOUR FISH

- 6 slices of any fish
- seasoning
- 1 large sliced onion
- fish bones and skin
- 1/2 cup vinegar or lemon juice
- 1/2 cup sugar
- 1 cup water

Wash fish. Add seasoning. Let stand in collander to drain. Bring to the boil, onions, bones, skin, vinegar, sugar and water. When boiling well, add fish and allow to boil for about 1/2 to 3/4 hour — do not allow liquid to boil away. Place fish slices carefully into a deep ovenproof dish. Pour gravy over fish and allow to cool. When cold place in fridge to jell.



SWEET AND SOUR FISH WITH PINEAPPLES

- 1 kilo fish
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 Tablespoons oil, for frying

Bone and cube fish. Coat with seasoned flour and fry until golden brown.

SAUCE

- 455 gm can pineapple pieces (drained)
- 2 Tablespoons oil
- 3/4 cup brown sugar
- 3 Tablespoons cornflour
- 1/2 cup vinegar
- 2 Tablespoons soy sauce
- 1/4 teaspoon ginger
- 1 1/2 cups cold water
- 1 medium onion, finely chopped.

Combine all sauce ingredients in a saucepan. Boil for 1 minute until thickened. Pour sauce over fish and serve with boiled rice.

SNOEK PIE

1 cup flour
1/4 teaspoon salt
60 gms butter
1/3 cup milk

Rub well together. Roll out and place in pie dish.

FILLING

3 eggs
250 mls cream
60 gms grated cheese
250 gm flaked snoek
pepper
3 onions, sliced

Glaze onions in butter. Add remaining ingredients, blend well. Pour into dough in pie dish. Sprinkle with cheese and papriks. Bake at 160°C (350°F) for 20 – 30 minutes.



FISH PUFF

500 gms cooked fish
250 gms cooked potatoes
3 eggs
4 Tablespoons milk
30 gms butter
salt and pepper

Flake fish and blend with potatoes. Add melted butter, 2 egg yolks, milk and seasoning. Put in shallow dish and bake at 160°C (325°F) for 20 minutes. Whisk egg whites until stiff. Fold in remaining egg yolk (beaten). Check seasoning. Spread over fish and return to oven immediately. Leave 10 minutes, or until top is brown.

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FISH PIE

500 gms cooked fish
2 boiled eggs, mashed
salt and pepper
1/4 cup chopped celery
mayonnaise
1 Tablespoon vinegar

DOUGH

1 1/2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
90 gms butter
2/3 cup milk
1 grated onion

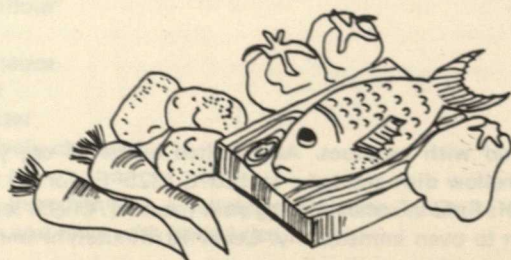
DOUGH

Sift dry ingredients into a bowl, rub in butter. Combine milk with grated onion. Mix into flour to form a soft dough. Mix pie ingredients together. Roll out dough and place fish mixture in the middle of the dough. Roll up dough and seal in both ends.

GHERKIN SAUCE

40 gms butter
3 Tablespoons flour
1/3 cup finely chopped gherkins
1 1/2 cups milk
1/2 teaspoon salt

Melt butter. Blend in flour, add seasoning and cook slowly for two minutes. Add milk gradually. Cook over low heat until sauce is smooth and thick. Lastly add gherkins.



GEFILTE FISH AND MUSHROOMS

Prepare and make your favourite gefilte fish recipe.

SAUCE

- 1 large onion
- 25 gms butter
- 250 gms mushrooms
- 500 mls mushroom soup
- 2 Tablespoons sherry (optional)
- 2 Tablespoons thick cream (optional)

Slice onion and saute in butter. Add washed and sliced mushrooms. Cook till tender. Add mushroom soup, sherry and cream and 1/4 cup fish stock. Place fish balls in casserole. Pour over sauce and bake at 180°C (350°F) for 20 minutes. If preferred asparagus soup may be substituted for mushrooms.

FISH SOUFFLE

- 250 gms fish fillets
- 60 gms butter
- 30 gm flour
- 250 ml milk
- salt and pepper
- 1 teaspoon dry mustard
- 3 eggs separated
- 125 gms grated cheese

Simmer fish in a little salted water till tender. Drain and flake (remove skin). Melt butter stir in flour. Slowly add milk (away from heat). Return to heat and boil. Simmer for 3 minutes, stirring all the time. Add salt pepper, mustard and half the cheese. Blend well. Add half the fish. Cool. Stir in beaten egg yolks and mix well. Place remaining fish in a well buttered souffle or oven ware dish. add remaining cheese. Beat egg whites till stiff, and fold into cheese sauce mixture. Pour into dish, sprinkle with a little cheese. Bake 200°C (400°F) for 40 minutes.

MUSHROOM PIE

- 60 gms butter
- 450 gms fresh black mushrooms
- 3 Tablespoons flour
- 250 ml sweet cream
- 1 onion, diced
- salt and pepper
- 1 Tablespoon sherry

Saute onions in butter till golden. Add washed and sliced mushrooms, fry for 10 minutes. Stir in flour. Add cream and simmer for a few more minutes. Add sherry, salt and pepper. Allow to cool. Line a pie plate with flaky pastry. Pour in filling and bake at 180°C (350°F) for 25 minutes.

Yeshiva College
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INDEX



BISCUITS AND SMALL CAKES

Beolas	Pesach 154
Boormwelos (Birmwelos)	Chanukah 111
— de Matzot	Pesach 156
— Sephardi doughnut	Chanukah 111
Cream Puff (P)	Shabbat 26
Doughnuts	Chanukah 110
— baby	Chanukah 110
— boormwelos	Chanukah 111
— boormwelos — sephardic doughnuts	Chanukah 111
— soofganiot	Chanukah 112
Eclairs (P)	Shabbat 26
Fruit bars	Purim 136
Fruit Squares	Tu b'Shvat 119
Ginger slices (P)	Rosh Hashana 56
Hamentaschen — apple filling	Purim 133
— apricot/raisin	Purim 132
— cheese filling	Purim 131
— cream cheese pastry	Purim 132
— date filling	Purim 132
— parava	Purim 133
— poppy seed	Purim 131
Kichel	Shabbat 30
.	Yom Kippur 67
— Mohn	Yom Kippur 67
— egg	Yom Kippur 67
— drop	Yom Kippur 68
Lekach — ginger slices	Rosh Hashana 56
Meringues	Shabbat 26
Minenas — (Sephardi date cookies)	Tu b'Shvat 121
Mock teiglach	Tu b'Shvat 121
No-egg cinnamon roll	Shavuot 202
Oznei Haman	Purim 133
Pinyonate	Rosh Hashana 57
Pitikas	Chanukah 112
Raisin Squares — layered	Purim 135
Rum chocolate balls	Yom Haatzmaut 175
Scones — wholewheat and dates	Tu b'Shvat 122
Soofganiot	Pesach 156
Teiglach —	Pesach 153
— mock	Tu b'Shvat 121
— cocoa (P)	Rosh Hashana 54
— cake flour (P)	Rosh Hashana 54
— pinyonate	Rosh Hashana 57

BREADS

Babke	Shavuot 202
Bagels	Yom Kippur 68
Bulkes	Shavuot 202
— fridge (with oil)	Yom Kippur 69
— no egg	Shavuot 202
— parava	Yom Kippur 69
Challah	Shabbat 11
	Shabbat 11
Kitke	Ros Hashana 39
Pita	Yom Haatzmaut 163
Roska (Sephardi bread)	Succot 89

CAKES

Adaptable quick cake (P)	Shabbat 28
Almond tart (P)	Shabbat 28
Apple	Tu b'Shvat 117
— bake dessert	Shabbat 29
— healthy, pie (P)	Succot 90
— strudel (P)	Yom Kippur 66
— Pie	Shavuot 202
Babke	Tu b'Shvat 118
Banana Loaf	Tu B'Shvat 118
Brandy tart (P)	Yom Kippur 75
Caramel fridge cake	Rosh Hashana 55
Carrot cake (P)	Shavuot 205
Cheesecake	Shavuot 203
— chocolate swirl	Shavuot 204
— fridge	Shavuot 204
— pyramid	Shabbat 29
Chiffon	Purim 134
— flop proof (P)	Shabbat 27
— with poppy seed	Shabbat 27
Chocolate cake (P)	Yom Haatzmaut 176
— chip (P)	Yom Haatzmaut 175
— Israeli style	Tu b'Shvat 119
Coffee cake with sour cream	Shabbat 25
Date loaf (P)	
Date pastry	
Doughnuts — see biscuits	
Eggless cake (Tupeshtee)	Yom Haatzmaut 174
Fluden — layered cake (P)	Shemini Atzeret 103
Fruit cake (P)	Tu b'Shvat 120
Fruit squares	Tu b'Shvat 119
German matza shallot	Pesach 153
Ginger cake	Tu b'Shvat 120

Hamentaschen — see biscuits	
Honey cake (P)	Rosh Hashana 55
Nougat tart (P)	Shabbat 29
Nut cake	Tu b'Shvat 122
Poppy seed cake	.Purim 134
— chiffon cake	.Purim 134
Shamali cake (P) & Syrup	Rosh Hashana 58
Steamed golden sponge (P)	Rosh Hashana 53
Tupeshtee — eggless	Yom Haatzmaut 174
Yogurt & Cinnamon Cake	Yom Haatzmaut 174

CHEESE AND EGGS

Asparagus — baked with cheese	.Shemini Atzeret 96
— cheese tart	Shavuot 191
Blintzes — cheese	Shavuot 193
Boormwelos de Matzot	Pesach 156
Bourikitas — savoury cheese pie	Shavuot 192
Boyos	
Burekas (Cheese pie)	Yom Haatzmaut 164
Cauliflower and cheese cake	Shavuot 195
Cheese balls — hot	Yom Haatzmaut 165
Cheese pie (Bourikitas)	Shavuot 192
— spinach filling	Shavuot 192
— pumpkin filling	Shavuot 192
Cheese casserole	Shavuot 195
Cheese croquettes	Shavuot 194
Cheese soufflé	Shavuot 196
Cheese and vegetable bake	Shavuot 201
Cheese cake	Shavuot 205
— chocolate swirl	Shavuot 203
— fridge cake	Shavuot 204
— pyramid	Shavuot 204
Cream cheese pastry — hamentaschen	.Purim 132
Cream cheese soufflé	Shavuot 196
Egg — mousse	Shavuot 197
— stuffed	Shavuot 79
Kugel — cheese and loksehn	Shavuot 32
Macaroni cheese	Shavuot 197
Omelette, Sephardi style	Shavuot 191
Onion tart	Shavuot 198
Pastelicos	Shavuot 194
Pizza pie	Shavuot 199
Salmon swiss roll	Shavuot 201
Spinach cheese tart	Shavuot 200
Vegetable cheese bake	Shavuot 201

Saltenosses	Shavuot 200
Soufflé — cottage cheese	Shavuot 196
— cheese	Shavuot 196
Cheese Croquettes	Shavuot 194
Latkes — sour cream/cheese	Shavuot 193

DESSERTS

Apple — bake dessert	Tu b'Shvat 117
— baked	Rosh Hashana 52
— grated pudding	Pesach 155
— healthy pie (P)	Shabbat 29
— kugel	Shabbat 32
— nutty baked	Succot 89
— pie	Yom Kippur 66
— pie	Succot 9
Beolas	Pesach 154
Caramel fridge cake	Yom Kippur 75
Chocolate — meringue	Rosh Hashana 51
— pudding (P)	Shabbat 24
— white chocolate mousse	Yom Kippur 75
Compot — fruit	Yom Kippur 66
Cream caramel	Yom Kippur 75
Cream puffs (P) (M)	Shabbat 26
Crepes — in banana sauce	Tu b'Shvat 117
Date Pastry	Shabbat 25
Date pudding (P)	Pesach 153
Eclairs (P) (M)	Shabbat 26
Fruit — pudding (P)	Shabbat 26
— pudding with liquifruit	Pesach 154
— salad	Yom Kippur 66
— salad in pineapple boats	Tu b'Shvat 117
— sauce for salad	Rosh Hashana 53
Frulato	Rosh Hashana 53
German matza shallot	Pesach 153
Halva dessert (P)	Shabbat 24
Ice Cream (P)	Rosh Hashana 51
Ice Cream (P)	Shabbat 24
Jelly Fruit	Rosh Hashana 51
Jelly fruit — rainbow	Rosh Hashana 51
Liquifruit pudding	Pesach 154
Matza-meal pudding	Pesach 154
Meringues	Shabbat 26
Meringue — chocolate mousse	Rosh Hashana 51
— glacé	Rosh Hashana 51
Oranges in liqueur	Rosh Hashana 52
— pudding (P)	Shabbat 25

Pears (P)	Shabbat 25
Steamed pudding.	Rosh Hashana 53
Strawberry melba (P)	Shabbat 25
White chocolate mousse	Yom Kippur 75

EGGS

Sea Cheese

FISH

Baked	— carp with sour cream.	Yom Haatzmaut 167
	— cold baked	Rosh Hashana 41
	— gefilte with mushroom	Tisha b'Av 222
	— Sephardic	Shabbat 14
	— sole bonne femme	Tisha b'Av 212
	— sole in cream	Tisha b'Av 212
	— sole in sherry.	Tisha b'Av 212
	— stuffed Cape Salmon.	Tisha b'Av 209
	— sweet & sour whole fish.	Shabbat 12
	— in tomato sauce	Rosh Hashana 42
Curried	— fish with apricots	Tisha b'Av 213
	— fish balls.	Tisha b'Av 216
Fish Casserole with mustard sauce		Tisha b'Av 217
Fish with Lychee sauce.		Tisha b'Av 215
Fish balls	— in dill sauce with mayonnaise	Shabbat 12
	— in curry sauce	Tisha b'Av 216
Fish loaf		Tisha b'Av 218
Fish pie		Tisha b'Av 221
Fish puff		Tisha b'Av 220
Fish swissroll		Tisha b'Av 213
	— salmon.	Tisha b'Av 201
French fish.		Tisha b'Av 214
Fried.		Yom Kippur 74
	— in oven.	Yom Kippur 74
Gefilte.		Shabbat 13
		Rosh Hashana 40
	— in lemon sauce.	Yom Kippur 72
	— with mushrooms	Tisha b'Av 222
Grilled	— fish steaks.	Lag b'Omer 182
	— fillets.	Lag b'Omer 182
Herring	— baked.	Yom Kippur 71
	— chopped	Shabbat 31
	— chopped	Yom Kippur 72
	— danish	Yom Kippur 70
	— mock chopped.	Shabbat 31

— mustard	Yom Kippur 70
— pickled	Shabbat 30
— pickled	Yom Kippur 70
— sweet & sour	Shabbat 31
— salad	Yom Kippur 71
— in smetna (sour cream)	Yom Kippur 71
Hungarian stewed fish	Tisha b'Av 215
Kedgerie	Tisha b'Av 214
Lemon fish	Tisha b'Av 215
Marinated — sephardi	Tisha b'Av 218
Mock Crayfish	Yom Kippur 73
Pickled — see curried	
Salmon — baked stuffed	Tisha b'Av 209
— blinis	Tisha b'Av 210
— macaroni	Tisha b'Av 211
— mousse	Tisha b'Av 211
— swiss roll	Shavuot 201
Snoek paté	Yom Kippur 72
Snoek pie	Tisha b'Av 220
Sole — baked in cream	Tisha b'Av 220
— baked in sherry	Tisha b'Av 212
— bonne femme	Tisha b'Av 212
Soufflé	Tisha b'Av 222
Steamed — in its own juices	Yom Kippur 63
Stuffed — in sour cream	Tisha b'Av 216
— trout with mushroom	Succot 83
Sweet and sour whole fish	Shabbat 12
— with pineapple	Tisha b'Av 219
Trout — stuffed with mushroom sauce	Succot 83

FRITTERS/LATKES

Apple — slices	Chanukah 109
Baby Marrow	Chanukah 108
Banana	Chanukah 109
Broccoli	Chanukah 108
Carrot	Rosh Hashana 49
Chremslach	Pesach 148
Corn	Chanukah 108
Egg-plant	Chanukah 109
Fruit	Chanukah 109
Frutades — Turkish	Rosh Hashana 50
Orange	Chanukah 109
Potato	Chanukah 107
Sour cream/cheese	Shavuot 193
Sour milk	Chanukah 107

HORS D'OEUVRES

Artichoke — paté	Shemini Atzeret 95
— stuffed with avocado	Shemini Atzeret 95
Asparagus — baked with cheese	Shemini Atzeret 96
— cheese tart	Shavuot 91
— fresh with garlic butter	Shemini Atzeret 96
Avocado mould	Yom Kippur 73
Burekas — cheese pie	Yom Haatzmaut 164
Charoset	Pesach 146
Cheese balls — hot	Yom Haatzmaut 165
Chopped liver	Shabbat 15
Chopped liver Vegetarian	Yom Haatzmaut 167
Cucumber — in yogurt/Sour cream	Yom Haatzmaut 166
Egg — mousse	Shavuot 197
— stuffed	Succot 79
Eggplant — mock liver	Yom Haatzmaut 167
— relish	Yom Haatzmaut 162
— techina dip	Yom Haatzmaut 163
— fried	Yom Haatzmaut 166
Falafel	Yom Haatzmaut 163
Fish balls	Shabbat 12
Fish Mould	Shabbat 13
Fish — sweet/sour	Shabbat 12
Hummus	Yom Haatzmaut 161
Liver — chopped	Shabbat 15
— paté	Rosh Hashana 42
— Vegetarian	Yom Haatzmaut 167
Mock crayfish	Yom Kippur 73
Mushroom pie	Tisha b'Av 222
Onion tart	Shavuot 198
Petzah	Shabbat 15
Pickle dip	Yom Haatzmaut 162
Pizza Pie	Shavuot 199
Salmon mousse	Tisha b'Av 211
Snoek paté	Yom Kippur 72
Techina	Yom Haatzmaut 161
Tomatoes — stuffed with various fillings	Succot 79
— stuffed	Succot 80
Yalangi Yaprak (Stuffed vine leaves)	Succot 80

KUGEL

Apple	Shabbat 32
Cheese lokshen	Shabbat 32
Potato	Shabbat 32
Savoury lokshen	Yom Kippur 64

PRESERVES

Peaches	Tu b'Shvat 124
— chutney	Tu b'Shvat 126
Plums	Tu b'Shvat 124
Mulberry jam	Tu b'Shvat 126
Watermelon	Tu b'Shvat 126

PICKLES

Cucumber — Israeli way	Tu b'Shvat 125
Cucumber — sweet and sour	Tu b'Shvat 124
Mixed vegetables	Tu b'Shvat 123
Mushrooms	Tu b'Shvat 124
Onions	Tu b'Shvat 123
Vegetable salad	Shemini Atzeret 101
Sweet Red peppers	Tu b'Shvat 125

WINE

Grape	Tu b'Shvat 127
	Tu b'Shvat 127
Plum	Tu b'Shvat 127

MARINADES

Chicken	Lag b'Omer 183
Meat	Lag b'Omer 183

LATKES — See fritters

MEAT

Brisket	Shabbat 23
— in ginger ale	Shabbat 23
— in coke	Pesach 151
— Flaumen tzimmes	Rosh Hashana 48
— roast	Rosh Hashana 48
— pickled with a difference	Rosh Hashana 47
Beef	Pesach 151
— à la legume	Rosh Hashana 48
— pot roast	Yom Haatzmaut 172
— Roast, piquant	Rosh Hashana 47
— shish kebab	Shabbat 33
— steak treat potroast	Shabbat 34
Cholent	Shabbat 34
— hen	Shabbat 34
— Iraqi	Shabbat 34
— Meat or poultry	Shabbat 33
— overnight	

Kebab	— lamb	Yom Haatzmaut 172
	— mince	Lag b'omer 184
	— mixed meat	Lag b'omer 184
Lamb	— barbequed spareribs	Lag b'omer 185
	— shish kebab	Yom Haatzmaut 172
	— stuffed breast of	Succot 87
Liver	— chopped	Shabbat 15
	— paté	Rosh Hashana 42
Marinade		Lag B'omer 183
Mince	— braised meatballs and rice	Yom Haatzmaut 173
	— eggplant dolmas	Succot 86
	— holishkes (stuffed cabbage)	Shemini Atzeret 97
	— kebabs	Lag b'omer 184
	— klops, meat loaf	Shabbat 22
	— moussaka	Yom Haatzmaut 171
	— pastelicos (Sephardi meat pies)	Succot 88
	— Quajado di Varne (meat pie)	Pesach 152
	— stuffed eggplant	Yom Haatzmaut 170
	— stuffed vine leaves	Succot 80
	— sweet and sour cabbage blintzes	Succot 86
Petzah		Shabbat 15
Tongue	— sweet and sour	Shabbat 23
Veal	— stuffed shoulder	Succot 85
	— stuffed veal schnitzel	Succot 85
	— fried schnitzel and hot sauce	Yom Haatzmaut 168

POULTRY

Chicken	— à la king	Shabbat 21
	— breasts in ginger sauce	Shabbat 20
	— casserole	Yom Kippur 65
	— chutney and syrup	Shabbat 20
	— honey glazed	Rosh Hashana 45
	— Jaffa	Yom Haatzmaut 169
	— Liquifruit	Pesach 151
	— Marinade for braai	Lag b'omer 183
	— middle east fried	Yom Haatzmaut 168
	— mix-it-all-up	Rosh Hashana 45
	— potroast	Yom Kippur 65
	— potroast, chicken/turkey	Pesach 150
	— roast with orange juice and stuffing	Shabbat 19
	— schnitzel and hot sauce	Yom Haatzmaut 168
	— sesame seed	Shabbat 19
	— simmered chicken	Yom Kippur 63
	— stew	Yom Kippur 65
	— stuffed in tomato	Succot 79
	— stuffing for chicken	Succot 84

	— toffee chicken	Rosh Hashana 46
Duck	— orange glazed	Rosh Hashana 46
	— roast	Shabbat 21
	— roast with apple stuffing	Succot 84
Turkey	— Peru—a—Brasileira	Rosh Hashana 46
	— pot roast	Pesach 150
	— schnitzel	Yom Haatzmaut 168

SALADS

Bean		Shemini Atzeret 99
	— and peas	Shemini Atzeret 99
	— kidney and lima	Shemini Atzeret 99
Beansprouts		Shemini Atzeret 99
Beetroot	— and cauliflower	Shemini Atzeret 100
	— raw	Shemini Atzeret 100
Cucumber		Yom Haatzmaut 166
	— waldorf	Shemini Atzeret 100
Cabbage	— slender slaw	Shemini Atzeret 98
	— with a difference	Shemini Atzeret 98
Special		Shemini Atzeret 98
Eggplant	— fried (hazilim)	Yom Haatzmaut 166
	— in mayonnaise	Yom Haatzmaut 166
Fruit	— salad	Yom Kippur 66
	— salad in pineapple boats	Tu b'Shvat 117
	— salad sauce	Rosh Hashana 53
Pickled	— cucumber	Tu b'Shvat 124
	— mixed vegetables	Tu b'Shvat 124
	— mushroom	Tu b'Shvat 124
	— onion	Tu b'Shvat 123
	— vegetable salad	Shemini Atzeret 101
Pineapple, peas and banana		Shemini Atzeret 100
Potato		Shemini Atzeret 102
Rice		Shemini Atzeret 102
Spinach and mandarin		Shemini Atzeret 101
	— corn	Shemini Atzeret 102
Tomato	— stuffed	Succot 80
	— stuffed with avocado	Succot 79
	cabbage	
	cottage cheese	
	chicken	
	pineapple/cheese	

SAUCES, DRESSINGS AND MARINADES

Bechamel sauce	Yom Haatzmaut 172
Hollandaise	Tu b'Shvat 125

Hot sauce	Yom Haatzmaut 168
Hummus	Yom Haatzmaut 161
Gherkin sauce	Tisha b'Av 221
Italian salad dressing	Rosh Hashana 45
Lemon/parsley butter	Lag b'omer 182
Mayonnaise	Rosh Hashana 41
— fat free	Rosh Hashana 41
Meat marinade	Lag b'omer 183
Mustard butter	Lag b'omer 182
Mustard sauce	Shabbat 22
Mushroom sauce	Shabbat 22
Techina	
Chicken marinade	Lag b'omer 183

SOUPS

Avgolemeno (Sephardi chicken soup)	Rosh Hashana 44
Avocado, chilled	Succot 81
Bean and barley	Succot 82
Beef consommé	Shabbat 16
Beetroot, cold	Shavuot 190
Borsht, hot	Rosh Hashana 44
Chicken	Shabbat 16
— with farfel	Yom Kippur 63
— with farfel	Rosh Hashana 43
Cucumber — iced	Yom Haatzmaut 165
— with yogurt	Shavuot 189
Gazpacho	Shavuot 189
Minestrone (parev)	Shavuot 190
Mushroom — cream barley	Shabbat 17
— creamed	Shavuot 189
Onion	Succot 81
Vegetable	Shabbat 16
Vichyssoise	Succot 190

SOUP ACCOMPANISTS

Blintzes — meat	Shabbat 17
— pesach	Pesach 149
Chremslach	Pesach 148
Farfel — in chicken soup	Rosh Hashana 43
— with food processor	Rosh Hashana 43
Kneidlach — basic	Pesach 147
— light	Pesach 147
— potato	Pesach 148
Kreplach	Yom Kippur 64

Kugel	— potato	Shabbat 32
	— savoury lokshen	Yom Kippur 64
Noodles	for Pesach	Pesach 149
Perogen		Shabbat 18
	— simple	Shabbat 18

SWEETS

Chocolate rice krispies	Purim 140
Chocolate walnut log	Purim 137
Chocolate cream clusters	Purim 137
Coconut sugar puffs	Purim 138
Fondant	Purim 138
Fruit bars	Purim 136
Fudge	Purim 138
Kaysee — apricot sweets	Purim 139
Marshmallows	Purim 139
Naartjie peel sweet	Rosh Hashana 57
Pineapple pletzlach	Purim 139
Pomerantzen	Purim 140
Rice Krispy chocolate	Purim 140
Raisin square — layered	Purim 135

VEGETABLES — see salads as well

Artichokes	— paté	Shemini Atzeret 95
	— stuffed with avocado	Shemini Atzeret 95
Asparagus	— baked with cheese	Shemini Atzeret 96
	— cheese tart	Shavuot 191
	— fresh with garlic butter	Shemini Atzeret 96
Aubergine	— see eggplant	
Avocado	— mould	Yom Kippur 73
Baby marrow	— see zucchini	
Broccoli	— fritters	Chanukah 108
Cabbage	— holishkes	Shemini Atzeret 97
	— sweet sour blintzes	Succot 86
Carrot	— latkes	Rosh Hashana 49
	— tzimmes	Pesach 152
	— tzimmes with stuffing	Rosh Hashana 49
Cauliflower	— and cheese	Shavuot 195
Charoset		Pesach 146
Chick peas	— falafel	Yom Haatzmaut 163
	— hummus	Yom Haatzmaut 161
Corn	— fritters	Chanukah 108
	— baked (meilies)	Lag b'omer 181
Cucumber	— in yogurt	Yom Haatzmaut 166
	— Pickled	Tu b'Shvat 124

	— pickled — Israeli way.	Tu b'Shvat 125
Eggplant	— dolmas	Succot 86
	— fried	Yom Haatzmaut 166
	— fritters	Chanukah 109
	— Mayonnaise.	Yom Haatzmaut 166
Kugel	— see Kugel	
	— moussaka	Yom Haatzmaut 171
	— relish	Yom Haatzmaut 162
	— stuffed with mince	Yom Haatzmaut 170
	— techina dip	Yom Haatzmaut 162
	— vegetarian chicken liver	Yom Haatzmaut 167
Frutades		Rosh Hashana 50
Hatzilim		Yom Haatzmaut 166
Green pepper — stuffed		Succot 87
Mealie — baked.		La b'omer 181
	— fritters	Chanukah 108
Onion Tart.		Shavuot 198
Pickles and preserves — under own heading		
Potatoes — baked.		Lag b'omer 181
	— cheese pie	Shavuot 192
	— flaumen tzimmes	Pesach 151
	— kneidlach	Pesach 148
	— kugel	Shabbat 32
	— latkes.	Chanukah 107
Pumpkin — filling for bourikitas		Shavuot 192
Mushrooms — Polish Piczcarki		Shavuot 198
Mushroom Pie.		Tisha b'Av 222
Sweet Red Pepper — pickled		Tu b'Svhat 125
Spinach — cheese tart		Shavuot 200
	— filling for bourikitas	Shavuot 192
Tomato — stuffed — various fillings		Succot 79
	— stuffed	Succot 80
Tzimmes		Pesach 152
	— with stuffing	Rosh Hashana 49
	— flaumen	Pesach 151
Vegetables — mixed, Frutades.		Rosh Hashana 50
	— cheese bake.	Shavuot 201
	— salad, pickled.	Shemini Atzeret 101
Yalangi Yaprak — stuffed vine leaves		Succot 80
Zucchini — fritters (baby marrow)		Chanukah 108

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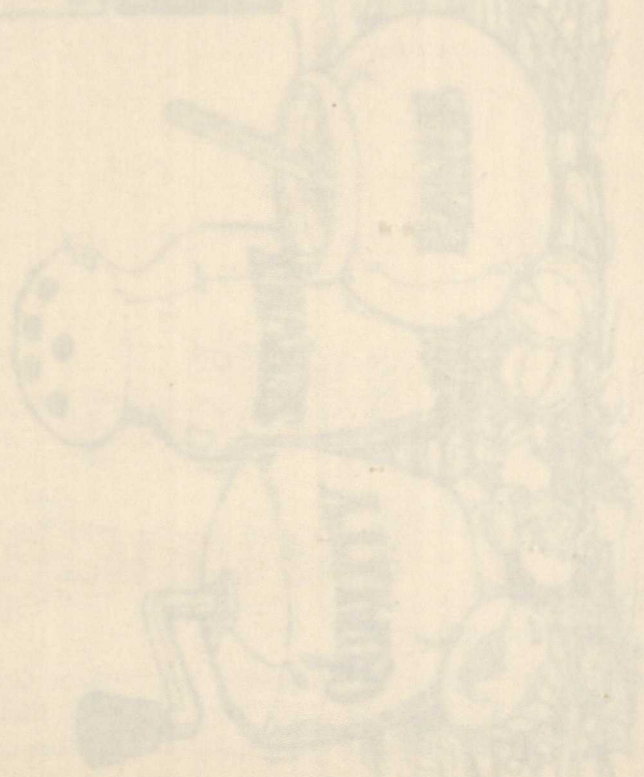
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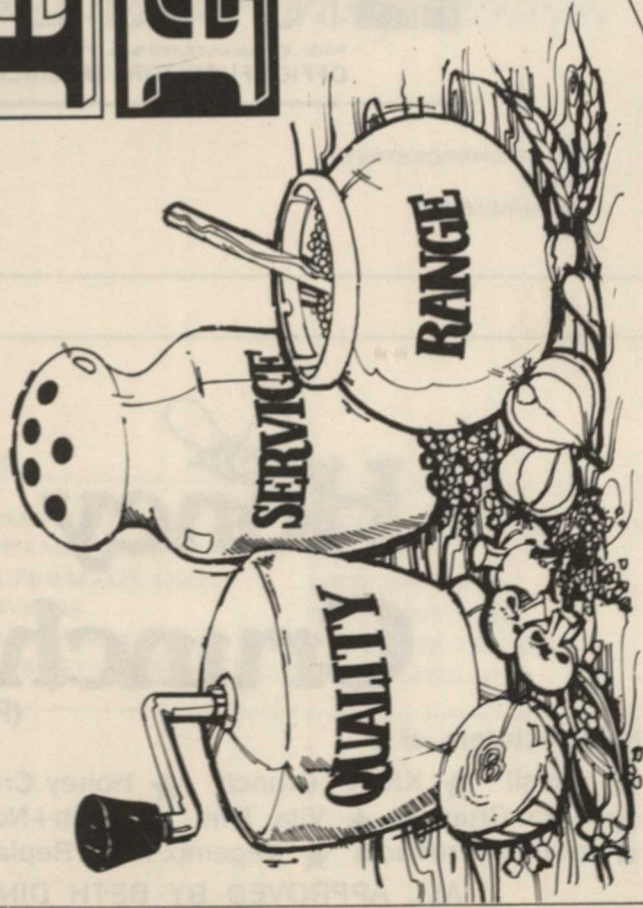
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